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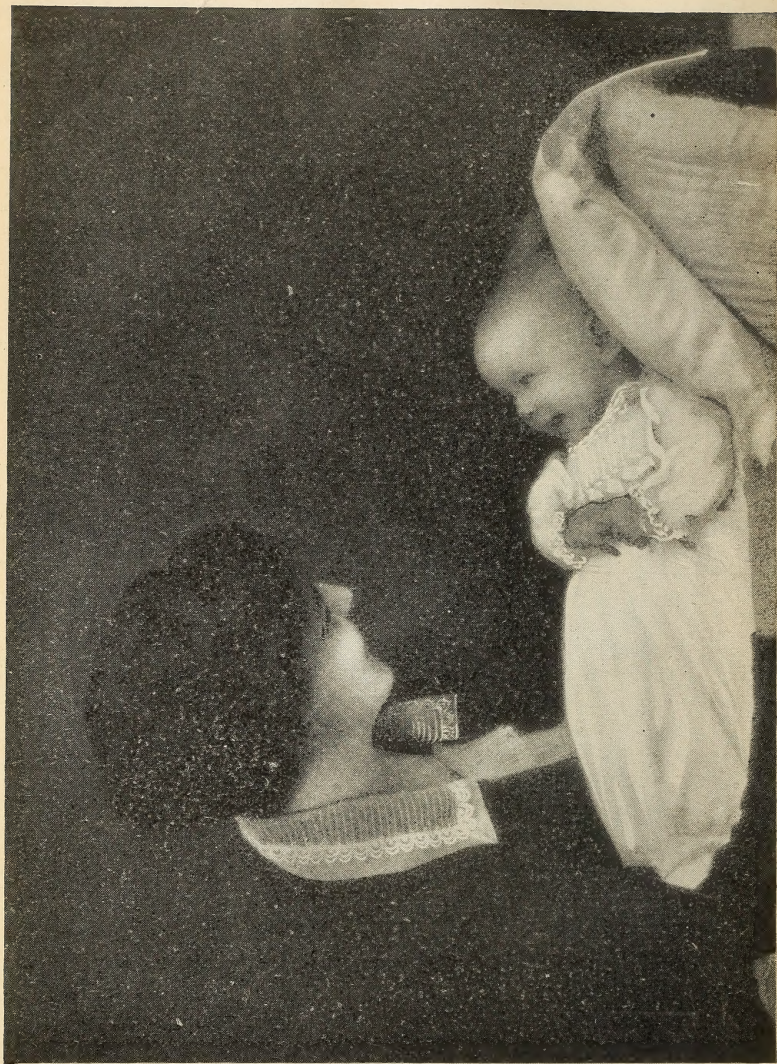
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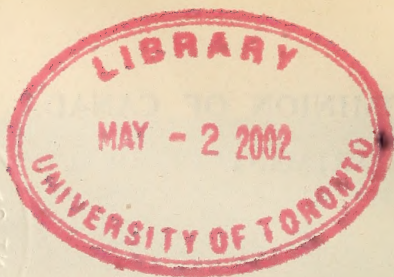
THE CANADIAN MOTHER'S BOOK

BY

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Chief of the Division of Child Welfare.



OTTAWA
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PRINTER TO THE KING'S MOST EXCELLENT MAJESTY
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**“He called a little child
to Him
and set him in the midst.”**

“The greatest gift is a child,
and the greatest honour is to be a mother¹.”

The Canadian Mother's Book.

THIS book has been written for you—a Canadian Mother. The Government of Canada, knowing that the nation is made of homes, and that the homes are made by the Father and Mother, recognises you as one of the Makers of Canada. No National Service is greater or better than the work of the Mother in her own home. The Mother is “The First Servant of the State².”

¹The mother of a Canadian V.C.

²London *Times*.

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CHAPTER I.

THE BABY IS COMING.

Our Baby.

Homes are made by the father and mother and this little book is a message to both. "What is home without a mother?" But what is home without a child?

Your Greatest Happiness.

Your greatest happiness is coming to you in the birth of your baby, a happiness that will be renewed by every child that comes to you. Children are the security of the home and nation. When children come you know that your home will not pass away with your generation. It will last for another generation and the promise of the new homes which your children will one day make for themselves, surrounds the future of your home. A home without children is a sad contrast. It lacks interest, happiness, reality, stability. Its end is in sight. It has lost the greatest loveliness and usefulness of the normal home.

No Baby—No Nation.

There are homes in Canada where children would be welcomed, and where they were expected, to which children have never come. But these Childless Homes could find a Homeless Child. If we give our best thought and work to National Child Welfare, the time will come when there will be no Canadian Home that never had a child and no Canadian Child who never had a home. No Baby—No Nation.

Be Glad.

You have the promise of a child. The angel of the Lord is coming to your door. God and man will help you with your burdens and share your joy. Through you and your child, the stream of human life will flow on to eternity. New duties, new interests and new pleasures will fill your days.

"We must purify, glorify and dignify motherhood by every means in our power¹."

Be Brave.

This is not some strange thing which is going to happen to you. It is the right, natural and healthy thing for you, just as it was for your own mother when you were born. Too sacred to be spoken, the dearest wish of a true woman is to be a mother.

¹ Rt. Hon. John Burns.

Be Cheerful.

Go on with all your regular work and interests and recreation and amusement, but moderately, and you and your husband should plan so that you will be free from any strain, extra work, or other responsibility for several months before the date of the birth.

Do you keep a diary? Would you not like to keep a very private diary at this time?

Do not give up anything that does you good, or gives you pleasure, except for a satisfactory reason. Do not listen to any silly, gloomy stories. Ask the Doctor.

A sensible woman like you knows better than to "worry" or "fuss"! Keep up your heart and keep up your health. If you have a few silly ideas come into your head, just put them out again and think of something "pure, lovely and of good report." We all have silly ideas come into our heads sometimes, but they do no harm if we just think of something else, or go out for a walk. Cheer up!

Be Well.

You know we have the health we deserve¹. Keep the laws of health, live a normal life, and you will be well. Nature always stands by the

¹ There are exceptions to this rule, but the Canadian mother is not going to be an exception if she can help it.

mother and the baby-to-be; nature has specially wonderful resources for motherhood which she never uses at any other time. Therefore many mothers find their health at this time better than ever. If there is anything the matter with you, do not say—"O, I suppose it cannot be helped." It can be helped. Ask the Doctor.

Health is the great riches. If you love your husband, and your baby and yourself—be well; keep your good health. You can. This Canadian Mother's Book will help you to keep your good health.

Be Prepared.

You have already noticed some changes. The usual "monthly flow" has not appeared. Perhaps the breasts are larger and the colour of the part around the nipples is darker. You should go at once to see your family doctor. If you and your husband have no family physician, then choose one now. Inquire from sensible, trustworthy people as to who is the best family physician for mothers and babies. Consider this matter of choosing a doctor carefully, for it is important. When some sensible neighbour says "He is a good Doctor. He is very clean and careful about everything. Never heard of him losing a mother when her baby was born and he is good with the baby

too"—listen and pay attention. Having found a good Doctor, you will then have good medical advice and supervision all through your pregnancy. Do not delay. Listen—See the Doctor at once.

The Public Health Nurses are a great help to the mothers, in advising and visiting them. They are also a great help to the Doctors.

Go to See the Doctor.

During the first few months, the Doctor will want to see you two or three times, but after the sixth month, it is necessary to see the Doctor about once a month, or oftener. Into an ordinary bottle, which has been washed out thoroughly, put about six ounces (equal to a large cupful) of the water which you pass. This is the "specimen of urine" which the Doctor examines, to make sure you are in good health. Take it to him when you go to see him.

ASK THE DOCTOR.

If there is anything wrong with you at all, especially headache, dimness of sight, swelling of the legs and feet, or nausea, scanty urine, sores, severe pains, dizziness, twitching, or any other trouble, ask the Doctor about it at once, for you should not have it. You should be well. It is easy to cure ills in the beginning,

but often hard in the end. And there is always something the Doctor can do to make you better. That is what a Doctor is for.

Perhaps you will notice that on rising in the morning you have a feeling of nausea. This is called "morning sickness." You may never have it at all, or it may pass off very soon, and may not amount to anything. But if you happen to have it you will know what to do to-morrow morning.

To-Morrow Morning.

Leave everything ready the night before for a cup of tea, and a bit of toast or a biscuit or a bit of bread and butter, and ask your husband to put on the kettle and make you a cup of tea first thing in the morning. If you are not fond of tea and toast, he will bring you an apple or an orange or a banana or two or three crisp crackers and a cup of hot water. Take it as soon as he brings it and then lie still for ten or twenty minutes. You will likely be all right. Your stomach is a little upset by the new state of affairs, but if you give it something to work on, it will take the hint and "carry on" again. You get up, feel quite comfortable and enjoy your breakfast.

Try This.

If this does not cure you, try five small meals instead of three regular meals. Eat little or no meat or fish or eggs. Eat more cereals, fruit, salads, vegetables, and drink plenty lemonade, orangeade, water and very weak tea—about ten or twelve cups of liquid a day, between meals.

If these plans do not cure you, ask the Doctor.

The Dentist.

It would be well to see your dentist, for sometimes the mother's teeth need special attention at this time, and the sooner you go and have your teeth attended to the better. A little hole does not cost much to fill if you go at once.

What to Do.

If at any time you have any sudden bad headache, or bleeding or discharge, or do not pass as much water as usual, or have any other trouble of any kind which makes you and your husband anxious, go to bed, keep quiet, and send for the Doctor at once. This is very important. You may not think much of the trouble, but you do not know. The Doctor is the only one who knows whether it is dangerous or not and so the Doctor must be had at once.

Arrangements.

The right kind of Doctor will not be trying to make money out of you, but will ask only a reasonable fee. Don't have any other kind of doctor. It might be well for you to mention what you can afford when you first go to see the Doctor, for you and your husband have no doubt been wisely trying to save money for the baby and the necessary expenses. But even if you have no money you can always have the best of care. All hospitals have, or should have, maternity departments, and you could go to the nearest good hospital, ask to see the nurse in charge of the maternity ward and find out from her when you can see the Doctor and arrange for coming regularly for medical care.

The Best of Care.

At the time of the birth, you and the baby can usually be better taken care of in the hospital than anywhere else, whether you are paying your hospital fees yourself, or whether you are having your medical and nursing care free. If you are going to stay at home and not going to a hospital, engage your nurse in good time. The Doctor will advise you about this.

What shall you eat?

Your regular meals. Simple, pure, nutritious food. A fresh egg (not too hard-boiled) is simple food, because it is in its natural condition as laid by the hen and not highly spiced or seasoned; it is pure, because no preservative has been used on it, and it has not been kept a long time and become bad; it is nutritious, because it contains the very things the mother needs to build up the muscles, nerves, bones and all other parts of her body, and her baby's body, which is now part of her own. Milk is the same, an ideal food for the mother. Both egg and milk should be prepared in many different ways; they seem like new foods every time. Roast, boiled or broiled meat or fish once a day; well-cooked cereals, fresh or stewed fruit, bread, not too fresh, and butter, some cheese, plenty of vegetables, especially green vegetables, are the right foods. It has been found out recently that milk, butter, cream, and green vegetables are even more important than we thought. They contain vitamins and we cannot do without them. This is especially true of the mother. She and the baby will both suffer unless she takes these foods every chance she can get, every day if possible at all. These foods are indispensable.

Eat Slowly.

You will likely have a better appetite than usual; eat accordingly, a little more than usual, but not too much. The mother does not need to over-eat, for nature seems somehow to make extra good use of all the food she takes. If she likes ice cream, well and good, but not too much. Cake, or anything else you are fond of, is a treat, so long as it is not hard for you to digest. Digestion will take longer than usual, and by and by, when nature needs more room for the growing baby, you will find it wise to fall back on very simple, easily-digested foods. Take small mouthfuls and eat SLOWLY. This is a rare accomplishment. Few people know how to eat slowly. But you are sensible and you know it will repay you well to take the trouble to remember this and do it. Chew all your food thoroughly.

Not Between Meals.

You will not need food or candy between meals. If you are fond of candy and can afford it, take one or two pieces of candy after a meal. It will taste best then and do you no harm. Of course you don't need it.

List of Foods.

Choose the foods you like, and have a variety. Here is a long list of foods to choose from:—

Cereals. Oatmeal porridge or any other cereal, eaten with milk and a little cream and sugar, if desired: cream of wheat, wheatena, hominy, farina, tapioca, rice and cornmeal; thoroughly cooked.

Bread and Biscuit. Brown, graham, rye, or white bread. Stale bread. Whole wheat bread. Toast. Rusks. Cream crackers, biscuits.

Vegetables. Any vegetable, in any form, except fried. All green vegetables, green peas, string beans, asparagus, tomatoes, boiled onions, potatoes, carrots, spinach, celery, lettuce, parsley, watercress and olives; plain salads with olive oil. Avoid cabbage, cauliflower, turnips, baked beans, radishes, raw onions, pickles and cucumbers, if these are not readily digested. Do not use too much seasoning.

Salads. Any salad, but only a little salad dressing.

Fruits. Any fruit, either fresh or stewed. Ripe raw fruits, such as oranges, grapefruit; apples, pears, peaches and pineapples, dates, figs and raisins; stewed fruits, including apples, peaches, pears and prunes.

Meat. Lean Bacon or Ham. Beef, Lamb, Mutton. Veal occasionally. (No Pork or Sausages) Turkey, Chicken (Avoid Duck, Goose, Game).

Fish. Any fish, but Salmon and Mackerel only occasionally.

Eggs. Eggs, one or two a day. Boiled, poached, coddled, scrambled.

Soup. Any soup, thick or clear, but free from fat.

Sweets. Any jam or jelly. Marmalade or Honey.

Milk puddings, Boiled pudding occasionally. Suet Puddings. Plain Puddings. Custard, junket and ice cream.

- Pies and tarts may be taken occasionally (twice a week) but not rich cakes or rich pastries.
- Fluids.* Water, aerated water, home-made lemonade, orangeade, weak tea, coffee with hot milk. Milk or butter-milk. No alcohol.
- Butter or Cream.* Twice or three times a day, but not in large amounts. Fat meats, and any fish fried in deep fat should be avoided.
- Fat.* Meat and fish not more than once a day.
- Once.* Fruits, vegetables, cereals twice or three times a day.
- Twice.*
- Thrice.*

SUMMARY.

MUCH LIQUID.

PLENTY VEGETABLES, SALADS, FRUIT, CEREALS.

NOT TOO MUCH MEAT, FISH OR FAT.

What shall you Drink?

Plenty of water, preferably hot water, three times a day, before breakfast, in the middle of the morning and in the middle of the afternoon. At breakfast, if you like, one or two cups of coffee made with hot milk, half and half, or tea which has been freshly made and is not too strong, if you like it; but do not take tea at

dinner time, when you have meat. It is the water you drink between meals which does you most good. Strong tea and coffee are not good. Do not take stimulants at all.

Work, Exercise and Fresh Air.

Simple exercises such as you learned in your school days should be kept up all through life. The best time is right after your morning bath. "Setting-up" exercises, breathing exercises, bending exercises, or swinging light Indian clubs are the best. Five or ten minutes will do at first, if you have been neglecting this lately. Gradually increase the time a little, but not too much. Your husband will do one or two easy exercises with you.

Keep Yourself Fit.

Remember, you are not an invalid and are not going to be an invalid. You need exercise and fresh air as much as ever.

Most of us Canadians do our own housework, and you will be able to keep on with this. It is really the best kind of work for you. But whenever you are tired, stop, and rest awhile. Try not to work more than six hours a day. Sit down at your work whenever you can. We often forget to sit down. Plan to take all your work easily. Do not lift any heavy weight. You must not try to do the

washing alone, except "a few little things." Your husband would not want you to do anything that would not be good for you. He will hang up the pictures and the curtains. Keep your feet on the floor or on the sofa and put them up on a chair whenever you can. Don't run the sewing-machine too much. Don't climb the step-ladder, and if the street car steps are too high, get the conductor or some other kind man or woman to help you up and down. No sudden stops, or shocks, or jerks, or jumps or jars for you just now. You are not dancing at present or playing tennis or climbing mountains. Gentle exercise for you—walking is the best.

Fresh Air.

Take a walk every day. Sit out at the door or on the veranda or in the garden whenever you can. Be in the fresh air two hours or more a day, if possible. At night, summer and winter, let the fresh air enter your sleeping-room. In very cold weather enough air will enter if the window is opened the least little bit. In summer, windows should be wide open. No room is large enough to give a person fresh air all night long, unless there is some opening for fresh air to come in. With daily exercise and fresh air and work you will "keep fit," and when the time of the birth comes, your muscles can do all that is required of them.

Bending.

Much fatigue in working is caused by needlessly bending over. Arrange all your work so that you do not need to bend over. Use the top drawers of your bureau. Get some one to put things up on the table for you. Towards the end of pregnancy especially, the mother should not be bending over.

Rest and Sleep.

Take off your clothes, put on your night-dress and lie down and take a rest every afternoon; often you will sleep. It will do you all the good in the world. If you cannot do this, take off some of your clothes, put on a wrapper, and lie down to rest. You are going to wash your face and hands and change your dress anyway, and you might as well do it this way. Lie down ten minutes in the morning, too, if you feel tired.

At night you need nine or ten hours' sleep at least, say from 9 p.m. to 7 a.m. Nothing is more important than this. It is better for each person to sleep in a separate bed, and you should certainly do so at this time, if possible.

A day in bed once in a while, for a treat, will make you feel much better.

Bathing and Cleanliness.

Of course you are as particular about your toilet as the beaver. He is a model for us Canadians in this respect. He keeps himself

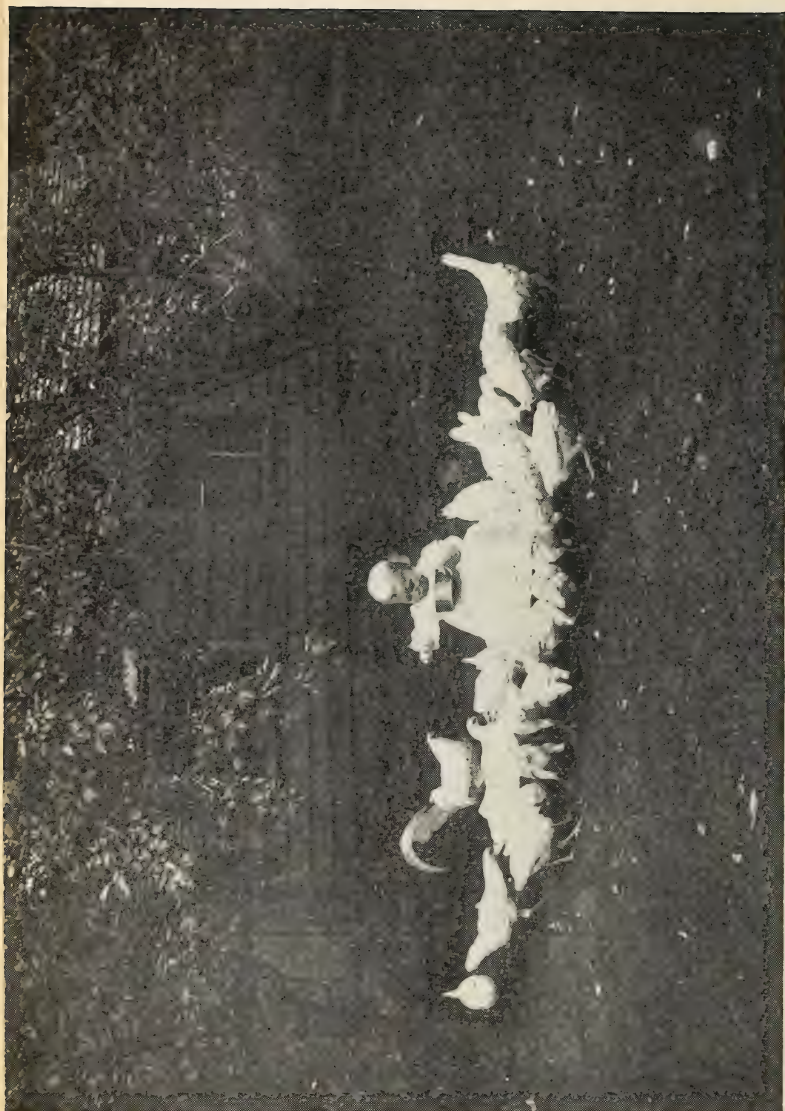
very nice. You need a cool or tepid bath every day, either a sponge bath or a tub bath, and a hot bath once a week. And we should keep ourselves clean inside as well as out.

Daily Habits.

The water you drink is a great help to internal cleanliness. Either just before your bath or just after breakfast is a good time to go to the toilet. But any time will do, if you go at the same time every day, by the clock. Many people have been cured of constipation by this rule. It is the habit that counts. Wait. You must not hurry.

How to Avoid Constipation.

Now you have three rules for avoiding constipation: (1) Keep your muscles fit by exercise. (2) Drink plenty of water between meals. (3) Go to the toilet at the same minute by the clock every day and do not hurry. And the fourth rule is diet. Eat vegetables, fruit; foods like oatmeal; marmalade, or anything else with little solid shreds in it; sugar, honey butter, cream. Have one or more of these at every meal. "Seeds and stones"—as in tomatoes, figs, and raspberries—are excellent. It is a bad habit to depend on medicine. Medicine is only for emergencies.



A HAPPY BABY

Clothing.

Light, warm, comfortable clothing is best. Not too many garments. The "combination" woven of soft wool is a great comfort and safeguard. If preferred, wool mixed with cotton or silk may be used. Tight bands or circular garters should not be worn. Corsets are not so fashionable now and the mother is better and more comfortable without them. A "maternity corset" may be worn, if desired. A circular cape or cloak is a convenient outer garment. Comfortable shoes or boots with low rubber heels are necessary for a mother's use. The modern, one-piece maternity gown, hung from the shoulders and gathered a little at the waist, is a very becoming garment.

Take Care of Yourself.

It is worth while to take your almanac (or your diary) and mark with a cross the days when your monthly period would have been due, so that you can remember to rest then more than usual. At that time for a day or two you might have your breakfast in bed. For example, if the first day of the last monthly period you had was August 1, then you will mark August 29, September 26, October 24, November 21, December 19, and so on to the end of the 280 days, and you will be quiet and

careful that day and the day before and the day after. Why? Because we know that accidents and disappointments (abortions and miscarriages) are more likely to happen at these times. It is a sad thing for the mother to lose her baby. Take care of yourself. If you cannot take care of your self you cannot take care of your baby.

When Will the Baby Come?

Although 280 days seems a long time to look forward to, you will soon begin to think that the time is passing quickly.

We can have a pretty good idea of the date of the birth if you know the day when the "monthly flow" began at the last time you had it. (You put it down in your diary). It was the 1st of August. Count back three months and add seven days. July-June-May—the 1st of May; add seven days—May 8. Then likely May 8 is about the time when your baby will be born. It might be any day a week before, or a week after.

Life.

Another good way to tell is by the date when you first feel the child moving. Mothers often speak of this as "quickenings" or "feeling life," and that is a good expression, because

these movements show that the child is alive and vigorous. This event usually occurs about the sixteenth week. So that gives you a good idea of the probable date of the birth.

The Time of Birth.

If you feel this movement first on November 21—then that will be about the end of the sixteenth week, and the end of 280 days will be about May 9, which shows that the first or second week of May is the probable time of birth. As that time draws near you and your husband should be still more careful. You should sleep alone, if possible. You will be well, but you will likely feel disinclined for exertion during the last three months. That is a good hint from nature to be still more careful. Rest. Keep up your daily work and your daily walk but go gently. Do not climb stairs too often. Get some one else to run the sewing machine for you. Your husband and family and all Canadians realize that the Canadian Mother has too many labours and burdens, and we all want to help you. Show us how. Do no very hard work, and, if possible, do not work outside your own home for the last two or three months before the baby comes.

How to Rest.

Do you know how to rest and be rested? Many people never learn how. Look at the cat asleep by the fire or in the sun. That is the way. She knows how. So does the cow.

Don't be "screwed-up" or "fussed" or "rushed." Keep the feeling of peace and rest in yourself. Economize your nervous and muscular power. The "screwed-up," tense body means the strained and struggling mind.

Spare Yourself

Did you ever see a "fussed" person driving to a railway station? She cannot let the driver do the driving. She clutches herself, clenches her hands, strains every nerve and muscle, is full of fears and worries about missing the train and everything else she can think of. So she wears herself out—all for nothing. She won't let the driver do the driving.

Save yourself all this useless, foolish loss of strength and peace. Of course nobody should worry—but you simply dare not worry. You are to be a Canadian Mother. Rest and be thankful.

Cheer Up!

If you ever feel sad and down-hearted, remember how our boys in the Great War fought for you and your baby, and say what they said—"Are We Down-Hearted—No."

Take yourself for a walk. Go to see somebody you like—some nice, motherly woman. Go to see somebody who has a nice baby. Your own baby will be even nicer. And don't be down-hearted—there is no reason you should be. Don't be frightened. Cheer up. We are all standing by you. Think of something kind you can do for somebody and do it. That has never been known to fail to cheer the giver of the kindness as well as the receiver.

CHAPTER II.

NURSING THE BABY.

In the last two or three months before the baby comes, you will notice that the breasts have grown much larger and firmer. That is a splendid sign both for you and for the baby. With a tiny soft sponge or some absorbent cotton, having first washed your hands, sponge off the nipples carefully, using cool or tepid water and white Castile or other good soap. Use a soft towel or handkerchief for drying and then rub in a little cold cream or lanoline, or white vaseline, and gently "draw out" the nipples with the tips of your fingers until the nipple comes out tiny, soft and round to fit the baby's little mouth by and by.

The One Best Way.

You will be able to nurse the baby. Never think of anything else. Nursing the baby yourself is the one best way.

The poor babies that die are nearly all "bottle-fed." Nursing by the mother is safer, easier, cheaper, wiser, and more successful.

Nursing will not harm the most delicate mother, and, indeed, her health will be better, and the maternal organs will return to their former shape and size more quickly, when she nurses the baby.

You can nurse the baby, and you will do it for you know it is better for the baby, better for you and better for Canada. It saves the baby's life.

No "Ifs."

Give no encouragement to any one who suggests—"If you are able to nurse the baby"—Such a person is no friend of yours. There is no "if." Never let such an idea enter your mind. It has been proved again and again that every mother is able to nurse her own baby. It was proved again in Paris in the midst of the misery of the Great War. It has been proved even in time of famine. And you are in Canada, the Land of Plenty. You will be able to Nurse Your Baby.

Be Happy.

While you are nursing the baby you must not let anything make you unhappy or vexed or upset or "fussed." You must keep on being glad. Keep your peace of heart, for you are doing something too important to be interfered

with by anything or anybody. You are happy now before the baby comes, and you will be happier still after he comes.

Passion or temper or any other bad feeling should never enter the mother's room. Great emotion spoils the nursing milk and the milk secreted under such circumstances makes the child ill.

Your Milk for Your Baby.

Your milk will be specially made by nature for your baby. He cannot do without it. When you know how all-important your nursing is to the life and health of your baby, now and all through his life, and to your own health, and to your own convenience, you will never think of feeding him in any other way. You will nurse him.

Every Mother Can.

The best authorities on this subject, among them Dr. Truby King, of New Zealand, Dr. Eric Pritchard and Dr. Ronald Carter, of London, England, and Dr. Pinard, of Paris, have succeeded in getting practically every mother under their care to nurse her baby. They have even succeeded in helping and encouraging mothers who had stopped nursing their babies six weeks before, so that the

babies were nursed and nourished again perfectly well. The means by which they succeed in doing this are:—

1. Regular massage of the breasts twice a day, sponging them with hot and cold water alternately.
2. Improving the mother's health, diet, exercise, hours of rest, sleep, daily habits. Teaching, helping and encouraging her in every way. Giving her plenty of fluid to drink.
3. Putting the baby to the breast regularly and not too often, and seeing that the breast is emptied at every nursing.

CHAPTER III.

THINGS THAT THE MOTHER AND THE BABY NEED.

Lists of the supplies required for yourself and the baby are here given. The list gives the most necessary things only, and the smallest number you can do with. You are advised to have a few more of each article than the number mentioned in the list.

If you are going to the hospital, you will not need any of these things except those under "For the Mother." In good time, pack these ready in a bag, with your comb, brush and toothbrush. When you come home from the hospital with your baby you will need the things under "For the Baby" and "For the Baby's Cradle."

For the Mother.

Nightgowns, two.

Stockings, white, one pair.

Shawl or bed-jacket, one.

Wrapper, one.

Bedroom slippers, one pair.

For the Mother's Bed.

Mattress and springs, single bed.

The bed should be high; raised on blocks, if necessary. Height 24 to 26 inches.

Two underlays, size 54 by 54 inches.

These may be made of rubber sheeting or white table oilcloth, or packing paper, which is brown paper lined with waterproof muslin. Or, instead of an underlay, make four "bed-pads" half the size of the bed. Open out six newspaper sheets, cover with freshly laundered old linen, or muslin or sterilized cheesecloth, and tack like a quilt. This makes a good bed pad.

Sheets, two pairs.

Blankets, one pair.

Bed-spread, one, washable.

The mother's room should be bright, sunny, clean and simply furnished, with no hangings or upholstered furniture. It should be near the bathroom, and if possible there should be a little room adjacent for the baby and the nurse.

For the Use of the Doctor and Nurse.

Pitchers, two.

Basins, three.

Slop-jar, one.

Soap, white Castile, 2 pieces.

Nail-brush (new) one.

Scissors.

Vaseline, white, one tube.

Safety-pins, two dozen, large and small.

Cotton batting, two rolls.

Absorbent cotton, one pound.

Sanitary napkins or pads, sterilized, one dozen.

Abdominal binder, two yds. unbleached cotton, 18 inches wide.

Muslin, or old linen, or old sheets, sterilized, three yards.

Towels, old, soft, one dozen.

Tape, narrow "bobbin-tape" to tie the cord, one piece.

A bed-pan, a hot-water bottle and a two-quart fountain syringe (if not too expensive).

To Make the Bed.

Your nurse will show you how to make the pads and other things needed and how to sterilize them. The bed is made as usual, except that one rubber underlay is put next the mattress, and that an extra sheet folded in two is laid across the centre of the bed with the other underlay inside the fold. This is the "drawsheet," which should now be tucked firmly under the mattress at each side of the bed, and fastened in place with large safety-pins. At each of the four corners of the mattress there should be a large safety-pin to pin the sheet to the mattress so that it will remain smooth and comfortable.

For the Baby.

The baby's clothes should be simple, loose, soft, light, warm, clean.

Blanket—Old, soft, clean. To receive and wrap baby when born.

Bands—Three; these are 6 inches wide and 27 inches long, made by tearing up $\frac{3}{4}$ yard of soft, light-weight flannel to the right size. Do not hem.

Knitted Bands—Three; with shoulder straps above and a tab below.

Nightgowns—Three; soft, lightweight flannel.

Undershirts—Four; knitted or woven, with long sleeves, made of wool, wool and silk or wool and cotton, and with a tab to pin to the diaper.

Petticoats—Four; soft lightweight flannel. Cut long and in one piece with wide shoulder-strap and, if you like, small box-plaits.

Dresses or "Slips"—Six; white cotton or soft muslin.

Diapers—Four dozen; soft, absorbent, easy to wash. Size: 18 to 22 inches square.

Bootees—Three pairs.

Stockings—Three pairs, to be pinned to diapers.

Knitted Jacket—One. For use in house.

Shawl—A thirty-six inch "Square" of flannelette or baby-flannel makes a good shawl for a new-born baby. A white silk ribbon binding looks pretty. Fold it round the head and shoulders to protect the eyes from too much light and to keep him warm. New babies all like to have their heads covered. The world is too big for them at first.

Coat and Hood for outdoors—Coat made long to turn up and button at the bottom. No sleeves. Like a sleeping-bag.

Mittens—1 pair, white woollen.

This outfit will last for a year.

In the centre of the diaper a pad of absorbent material may be loosely stitched, if you like. This pad may be made of loose stockinet or old linen or of sphagnum moss, which grows in many parts of Canada. But after all, diapers you can wash out easily are the best. Have a good supply of diapers. Never use a soiled diaper again before washing it. Cleanse, wash, and boil them before drying and ironing.

For the Baby's Bath and Toilet.

Foot-bath or baby's bath.

Soap, white Castile, 2 cakes. Use one cake for a pin-cushion.

Boric acid powder, one pound.

Sterile gauze, quarter pound (or thin, old linen boiled).

Sterile absorbent cotton, quarter pound.

Safety-pins, two dozen, large and small.

Bath towels, two large, old and soft. One

Turkish towel.

Towels, two, old and soft.

Squares of cheesecloth for wash-cloths.

Sterilized.

Medicine-dropper, one.

Tooth-picks, one package.

Glass jars, four, with covers, to hold tooth-pick swabs, swabs for eyes, boric acid solution, oil.



VEST AND BELT

Boric acid solution is made by adding a teaspoonful of boric acid powder to a pint of boiling water.

Swabs are made by twisting absorbent cotton tightly round the end of a tooth-pick, or by twisting a small piece of absorbent cotton with your fingers till it is a small ball with a little "handle."

A Knitted Outfit.

This is a comfortable, convenient and cheap way of dressing a baby, and some mothers like it very much. The following description is published by the Association of Infant Welfare and Maternity Centres, London, England.

About 6 ozs. of wool are required for the four garments; $1\frac{1}{2}$ dozen small pearl buttons and two larger ones. The garments are easy to change and comfortable to wear. The leggings can be slipped off in a moment for changing by undoing the buttons on the neck without removing any other garment. The jumper, being open at the sides, can be turned up for the child to lie on without the risk of wetting it.

If the following directions are carried out in two-ply wool, white or coloured, the garments will fit an average child from birth to three months of age. By using three-ply

wool they work out at a good size for children from two to four months of age. The instructions are easily adapted for older children.

To wash, use lukewarm water and good soap. Do not wring dry but squeeze out the water by pressing the garment between your hands. Stretch to the right shape.

If you prefer, the ends of the sleeves of the jumper may be closed, thus forming mittens for the hands in the same way that the leggings provide "feet."

Jumper.

Use 2 bone needles—No. 10 for 3-ply wool, or No. 12 for 2-ply wool.

Cast on 56 stitches.

Four inches basket pattern (4 plain 4 purl for 4 rows, then 4 purl 4 plain for 4 rows).

Six inches plain knitting. Turn.

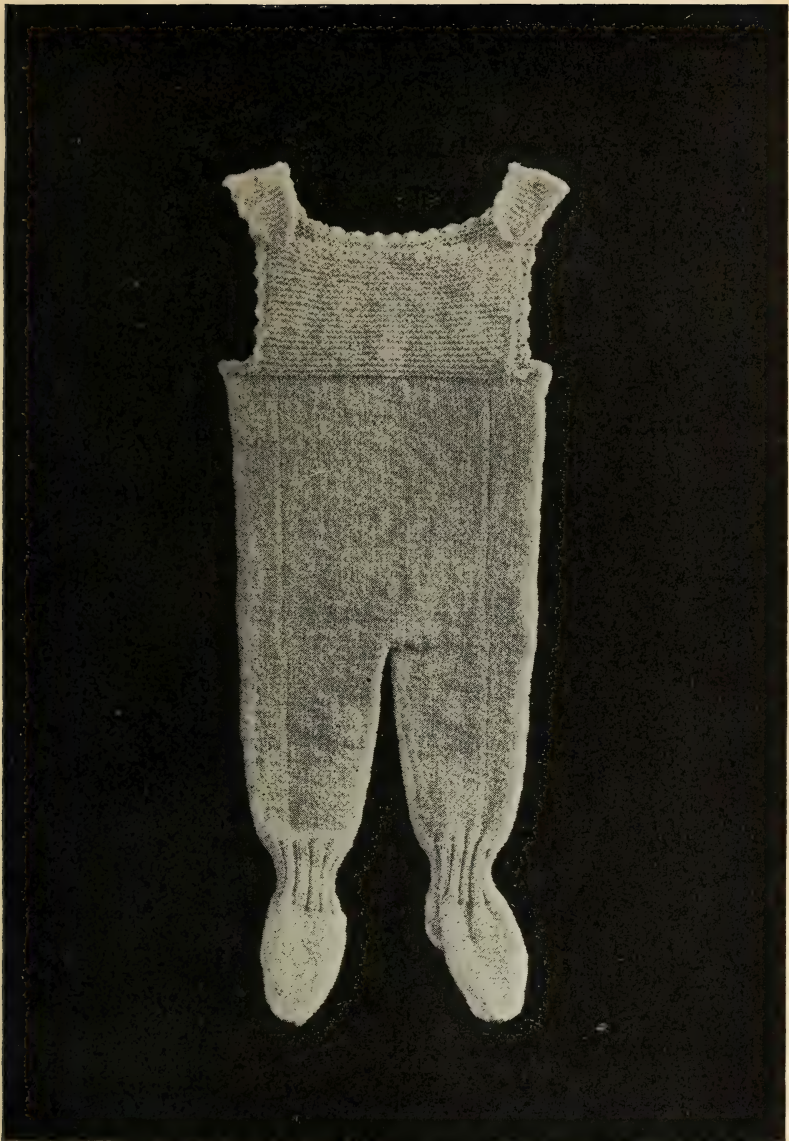
Knit 2, * make 1, knit 2 together, repeat from * until last 2 stitches, which knit plain. Turn.

One inch plain knitting. This makes a row of holes for the cord.

On same needle cast on 24 stitches. Turn. Knit plain to end of row.

On same needle cast on 24 stitches. Turn. Knit plain for $3\frac{1}{2}$ inches. Turn.

Knit 37 stitches. Cast off the next 30 stitches.



LEGGINGS

Knit plain to end of row. Turn.

Knit 37 stitches.

Cast on 30 stitches on same needle.

Knit plain to end of row (this forms the neck).

Knit plain for $3\frac{1}{2}$ inches. Turn.

Cast off 24 stitches.

Knit plain to end of row. Turn.

Cast off 24 stitches.

Knit plain to end of row (this forms the sleeves).

Turn, knit plain for 1 inch.

Turn, knit 2, * make 1, knit 2 together.

Repeat from * until last 2 stitches, which are knitted plain. Turn.

Six inches plain knitting. Turn.

Four inches basket pattern.

Then cast off.

Join up under arms and sleeves for about 2 inches under holes for cord round waist.

Now both sides of Jumper are open.

Sew 6 small buttons on each side of front of Jumper, using buttons that will button into stitches instead of making button-holes.

For neck, crochet all round, 1 double crochet, 2 chain, miss one, then one double crochet. Repeat all round.

For front of neck, sew 3 buttons on each side to form shoulders, taking care to leave 3 inches between the two sets of buttons for neck.

For button-holes on back use the small loops made by the 2 chain.

For cuffs use four needles.

Pick up 36 stitches (12 on each needle).

Knit 2 plain 2 purl for 2 inches, and $2\frac{1}{2}$ inches basket pattern. To do this knit * 4 plain 4 purl for 4 rounds, then 4 purl 4 plain for 4 rounds.

Repeat from * until $2\frac{1}{2}$ inches are completed.

For cord, take 2 strands of wool, and loosely crochet long chain, making two tassels for ends.

Vest.

Use 2 needles, as for the Jumper.

Cast on 48 stitches.

Two inches basket pattern, 5 inches plain knitting.

Cast on 20 stitches for sleeves each side.

Work the same as for Jumper.

Three inches plain knitting.

Cast off 30 stitches for neck, then cast on 30 stitches.

Knit plain 3 inches, then cast off 20 stitches each side of needles for sleeves.

Five inches plain knitting.



JUMPER

Two inches basket pattern. Cast off.

Sew up both sides of vest and sleeves.

Work neck in same manner as for jumper.

Crochet round sleeves same as neck.

Leggings.

Use 4 needles as for Jumper.

Cast on 108 stitches (36 stitches on each of the 3 needles).

Knit plain in rounds for 7 inches.

Halve stitches for legs, putting 54 stitches on 3 needles and 54 stitches on 3 safety-pins (18 on each pin).

To commence leg, 2 inches plain knitting.

Then make 1 needle the back of leg all through by keeping 18 stitches always on that needle.

Decrease as follows: Every 6th round, until you have only 36 stitches left.

First needle, knit 18 stitches.

Second needle, knit 2 together, knit plain to end.

Third needle, knit plain until the last 2 stitches, knit 2 together.

Knit plain for 2 inches.

Then 2 inches 2 plain 2 purl for ankle.

Put small stocking-foot on as follows: Keep 18 stitches for the heel and 18 for the instep, working the heel first on two needles. Slip 1, knit 17; turn: slip 1, purl 17; and repeat

six times. Turn; knit 11; knit 2 together; turn; purl 5; purl 2 together; turn. ‡ knit 5, knit 2 together; turn; purl 5; purl 2 together. repeat from ‡ until you have only 6 stitches left, finishing with purl row. Turn.

Knit 6, then with spare needle pick up 6 stitches at side of heel, then knit the 18 instep stitches.

Now pick up the 6 stitches the other side of the heel. Arrange stitches evenly on the three needles, and knit in rounds until work measures $2\frac{1}{2}$ inches from beginning of heel, then decrease 1 stitch on every needle every alternate round until only 16 stitches are left. Break off your wool, leaving about 12 ins., thread into darning needle, and pass through every stitch the same way as if knitting them, and draw together loosely, and darn. Fasten off.

Knit the second leg in the same way. Darn very neatly in between legs when finished.

For top of leggings, fold with feet in front, and trace centre-stitch up body, and pick up 20 stitches each side. This forms front of waistcoat. Knit plain on two needles for 4 inches, then cast off. Instead of breaking wool, turn 2 double crochet into first 2 stitches, 3 chain, miss 3 stitches. 1 double crochet into next 30 stitches, 3 chain, miss 3 stitches, and 1 double crochet into last 2 stitches. Fasten off.

For back, do same as for front, leaving 15 stitches each side for under arms. At top of back make two flaps one inch wide and three inches long to form shoulder-straps. On end of each one sew one large button. Now crochet 1 double 2 chain all round waistcoat and top of leggings.

Always fasten off with a crochet hook.

Belt.

Use 4 bone needles, No. 10 or No. 12.

Cast on 96 stitches very loosely.

Knit 2 plain 2 purl for 3 inches, then plain for 2 inches, and lastly 2 plain 2 purl for $2\frac{1}{2}$ inches ($7\frac{1}{2}$ inches wide altogether).

Cast off very loosely all stitches save 8, which knit for 6 rows, and cast off. This tab will fasten belt to napkin by means of a safety-pin, and keep it in its place. A better way, perhaps, is to crochet or knit the tab by picking up 8 stitches in the right place after the belt is finished. Then when the tab wears out it can easily be ripped and replaced.

The Baby's Clothes.

The flannel bands are not used much after the cord has fallen off. A soft knitted band with shoulder straps, is then used.

The baby's clothes may be made to fasten down the front either with soft buttons (pillow-case buttons—you can make them yourself) or to

tie with soft tapes. When the baby is undressed, do you see the marks of buttons or tapes on the skin of his back? Are there any ridges and marks? If so the clothing has not fitted properly. Always have everything soft and smooth, nothing wrinkled and nothing "scratchy."

In dressing the baby, it saves a great deal of time and trouble to slip the three garments—all opened out—dress, long petticoat and under-shirt—inside each other. Lay these garments down on the bed (or table) in the order named. Then lay the diaper and the band in the right place. Put a hot water bottle on top of all. When the baby is bathed and dried and wrapped in a blanket, carry him to the bed, lift the hot water bottle away, lay the baby in the right place on top of the band, tie the band, put on the napkin and pin it to the tab, slip his left arm into the sleeve—then his right, and then fasten the three garments, one after another. Never use pressure when you are adjusting, fastening or tying the baby's clothes. Be gentle.

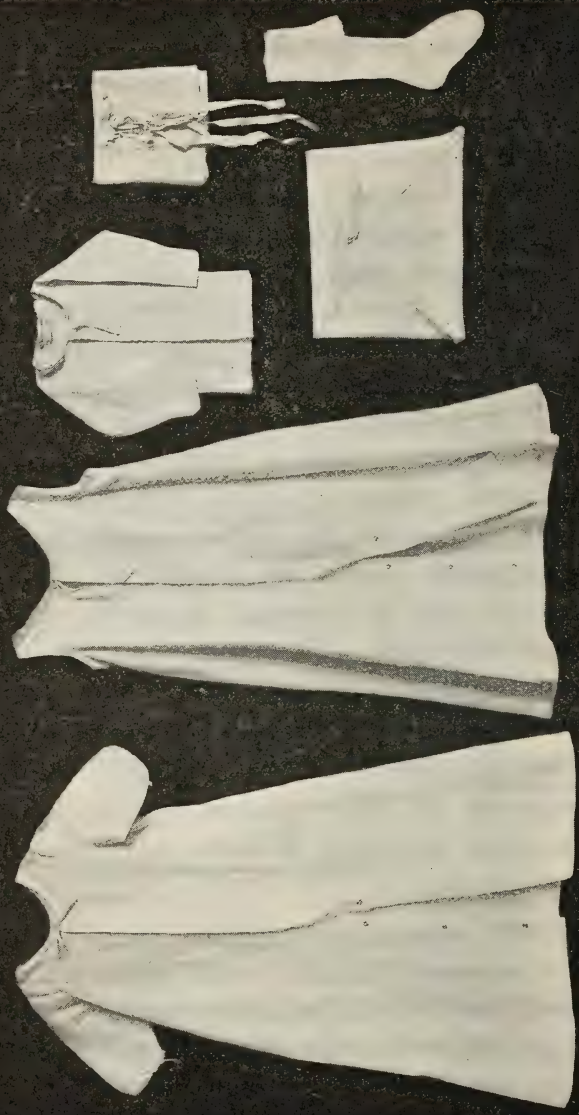
At birth a baby is about 20 inches in height and at three months about 24 inches. His first clothes are often made about 22 inches long. Then the dress will do to wear for a year, for as the baby grows, the hem of the dress is farther from his feet and gives him more freedom.

If the baby is kept warm and comfortable short clothes are probably best. Warm socks or stockings should be worn as soon as the baby is a few weeks old. Before that sometimes the petticoat is made long enough to turn up over the baby's feet to keep them warm. Always have plenty of room for the baby's feet and legs to move and kick about. Slips are really better than dresses. Make very simply and tuck, gather or smock the fullness front and back. A three-inch hem finishes the bottom. For the first three or four weeks the baby often wears the same clothes night and day, the diaper being changed as often as necessary.

At night, after the baby is a month old, all clothing worn in the day should, as a rule, be taken off and if necessary a warm or tepid sponge bath given. Then put on a fresh binder, diaper, knitted shirt and nightgown. In cold weather, the lower hem may have a drawstring so that the nightgown makes a sleeping-bag.

Dr. S. Josephine Baker, one of the best authorities on Child Welfare, says about the baby's clothes:—

“The new baby's clothes may be made with a saving of trouble to his mother, and he, himself, may have a far better chance to develop and get proper exercise for body and legs, if his dresses are kept short. When he is very tiny,



A BABY'S OUTFIT

his dresses may be made twenty-two inches long from neck to bottom of hem. There should be at least two inches leeway each side of the underarm seam. Either in the kimona or sleeve style of dress, the armhole must be large and the seam should be opened and sewed down or feather-stitched so that it may not form a ridge. The neckband and sleeve should be made very wide without any trimming. For a new baby, a ten-inch neckband is none too wide, while the cuffs of the sleeves should be broad enough so that they may slip on and off over the hands with perfect freedom. Draw-strings in the neck and sleeves give the best service, for they can be made as loose or as snug as may be desired. When such short dresses are worn, long silk and cotton or plain cotton socks in summer, and wool and silk or wool socks in winter are necessary.

“Tapes are preferable in fastening baby’s clothes, wherever they can be used, as they are more secure than other fasteners and make ironing easy. Small flat snaps are a fairly good means; where buttons are desired, use the tiniest and flattest ones procurable.

“Long-sleeved shirts, with no inner seams, that button or tie with tapes in front, are the right kind to buy. Seams in the knitted bands with shoulder straps that might easily irritate

the delicate skin are to be rigidly avoided. Here it is necessary to see that the straps are knitted into the body of the band and not sewed on, so that a protrusion which might readily hurt the baby, is not formed. In winter, the Gertrude petticoat may be made of all wool flannel or, preferably of cotton-and-wool flannel. Baby does not need this skirt in the summer-time; he is well dressed simply with an undershirt, diaper and an outside slip, except on cool days, when the flannel Gertrude skirt may be slipped on.

“Nightgowns should be long enough to reach at least ten inches below the feet. A very good one for winter use is the type having a draw-string in the hem or one which folds over at the bottom and is fastened with snap-fasteners. This keeps the baby's feet warm and allows him to kick to his heart's content, without having the nightgown pulled up around the body. When he reaches the creeping age, rompers are advisable for daytime; and at night he will find night-drawers, with feet attached, comfortable.

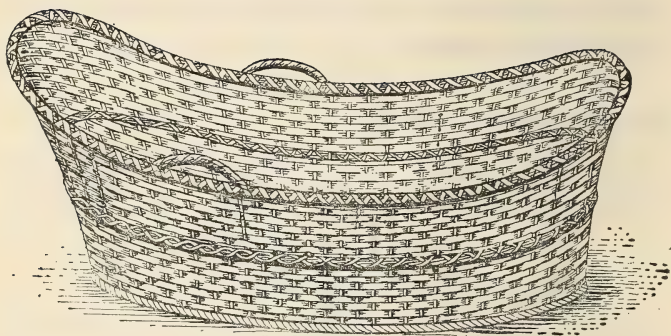
“As soon as the baby begins to creep, one-piece rompers are advisable. They may be made of chambray or other easily washable material, and in them the baby can play about as much as he pleases without unduly increasing

the laundry. With the short clothes, which should be warm but light of weight, provision must be made for extra leggings to be worn outdoors."

A baby should not be dressed so warmly that he perspires, but he should always be kept comfortably warm.

For the Baby's Bed.

1. The cradle. A wicker basket or clothes basket or a banana crate. No rockers.
Size about 33 by 16 inches.
2. The outside grey blanket. Lay it on top of the basket, so that it will hang down all around.
3. The mattress. Made of soft hair; or a blanket folded up about six to eight times, or a large pillow. Place it on top of the grey blanket and press it gently into place.
4. A square of rubber sheeting or white table oilcloth. Have two and change daily.
5. A loose soft pad, a "shake-down" of bran or chaff, or a soft, thin old blanket—four-fold—place it over the mattress. Have two, and change daily.



THE BABY'S BED

6. A square of old, soft blanket next. If you wish, this blanket may be slipped into a pillow-case. But the baby's blankets, being light and small, are easily washed.
7. Small feather pillow, about an inch or two thick, placed at the head. Not necessary. Children do not need a pillow till they are nearly two years old.
8. The baby.
9. Loose, soft "honeycomb" shawl, or another old, soft, woolly blanket folded twice.
10. Turn over the outside grey blanket and tuck it in, using safetypins to fasten the corners.

The baby must sleep by himself and not with any one else, not even with the mother.

Do not buy a cradle with a canopy. The canopy collects bad air.

Do not make a baby's bed too low. You should be able to see the baby over the top of the cradle.

It is best to lay him on his right side. Often he wakes and cries because he needs to be turned over. You always turn over when you wake, but he does not know yet how to do

it. Turn him over, give him a comfortable position and he will go to sleep again just like the rest of us.

A new baby sleeps nearly all the time—about twenty-two hours daily.

Hot-water Bottles.

Great care must be taken in using a hot-water bottle for a baby. You do not want to burn the baby with the hot-water bottle. Always have it well covered. There should be a good cover on the bottle besides a thick blanket folded once or twice between the bottle and the baby. After a few days when the baby's circulation is good it is better not to use a hot-water bottle at all, except to warm the baby's bed; take the bottle out before you put the baby in.

CHAPTER IV.

THE BABY COMES.

Well, now, you have everything ready and the time is at hand. You will be glad to have it over and have your baby. Don't mind at all if you cannot afford anything but a few needful things for your baby. You have done your best and an angel could do no more. You know Who it was that had not even a cradle when He came a little child to earth.

Your baby will be all right. What a baby needs most is just what we all need most and that is love, and you and your husband have that for him. Don't be afraid. Send for the nurse when you need her and your husband or the nurse will get the doctor in good time. The doctor can, and will, relieve you of pain as much as possible and will stay with you till you are quite safe. If this is your first baby, everything will be over in twenty-four hours or less. If it is not your first baby, it may not take more than one or two hours. Everybody will take care of you. The doctor and nurse will take charge of everything for you, till you

and the baby are quite safe. And then you will have a good rest till you get your strength back again.

Register the Birth of the Baby.

When the doctor has told the father that his wife and baby are safe, then the father should go and register the baby's birth with the local Registrar of Births, Marriages and Deaths. The law requires it and the baby needs it. The baby needs that registration to prove that he is Canadian and British, to show when he is of school age, to get a work certificate, to hold office, to inherit land or money, to get life insurance, to get passports and a great many other things. He needs it. Won't you do it for him, Daddy?

Eyes.

Sore eyes in a new-born baby are very dangerous. The moment, day or night, that the nurse sees a new-born baby's eyes show the least appearance of being sore, that very moment it is her business to get the doctor. If she does not, or if the doctor does not treat the eyes at once, the baby may be blind for life. Father, when you read this book, take notice of this. When you see your little son or daughter, be sure the eyes are all right. Your wife may not feel quite well enough to notice,

and very likely her room is darkened, so that she can sleep. But the Father will take a good careful look at the baby's eyes, in a good light, especially for the first day or two.

The Baby's First Bath.

The nurse receives the baby from the Doctor as soon as he has tied and cut the cord, wraps the baby in a warm, soft old blanket, and places him in a warm, safe, cosy place, until all is safely over and the mother has been made comfortable and is resting. Then she prepares to give the baby his first bath, first washing her hands.

She places ready at hand the things mentioned on page 39. She puts on a flannel apron with a water-proof apron underneath. The little bath-tub has been scrubbed out and about three or four inches of hot water put into it. There is a pitcher of cool water at hand and also some squares of cheesecloth for wash-cloths. The room must be warm and comfortable, about 70 degrees Fahrenheit. The new-born baby must be kept quite warm.

The nurse takes up the baby and sits down in a low comfortable chair with him on her lap. His body is covered with a white greasy substance (*vernix caseosa*) and she must first gently and rapidly rub warm oil or vaseline all over the body so that this substance will

wash off more easily. Rub a little vaseline lightly into the hair, then wash off the head gently with soap and warm water. Be careful that nothing whatever touches the eyes. The Doctor will already have dropped a drop of a medicine supplied by the Provincial Department of Health into the baby's eyes. Then soap the body all over, with white Castile soap, keeping the blanket around the baby and exposing him as little as possible. Put the bath thermometer into the water. About 98 or 100 degrees Fahrenheit is the right temperature. If you have no thermometer, try the water with your elbow. If it is comfortably warm to your elbow it is right. The nurse supports the baby's head and shoulders with her left arm and takes hold of his left arm and shoulder with her left hand. She supports the body with her right hand and gently lowers it into the water for a moment or two, being careful not to wet the cord. Then swiftly and gently, using the soft wash-cloth, she washes off all the soap and lifts the baby back into her lap, having first placed a warm, soft towel to receive him.

Before the cord comes off, it is perhaps better to bathe the baby on your lap, using the wash-cloth. It is convenient to have a low table on which to bathe the baby, a screen to

protect him from drafts, and a "horse" or wee drawer or basket to hold the baby clothes. The baby's wash-cloth should be boiled before using. Then we know it is clean.

Care of the Eyes and Nose.

A cup of warm water which has been boiled, and two little bits of absorbent cotton are used to wash off the baby's eyelids and eyelashes, one piece of cotton being used for each eye. Begin from above downwards and the baby will be sure to shut his eyes. If the nostrils are not quite clean, take a wisp of absorbent cotton, roll the end to a point, using a tooth-pick to wind it on, dip in white vaseline or oil and use it to cleanse the nostrils.

Always keep the baby's eyes turned away from a strong light. When the baby is from two to four weeks old and the mother is taking care of him herself, the same general directions for the bath should be followed.

The Skin.

Remember how delicately soft the skin is. Never rub it but pat softly with a soft old towel so that all moisture will be removed. Dry all the folds and creases gently and thoroughly. If necessary, use first a little white vaseline and leave it for a few minutes to soften anything that does not wash off easily at first. The less powder used the better.

Care of the Cord.

The baby should not be completely immersed in the water during the bath until the navel cord has fallen off. This usually takes place about the eighth day.

Boric powder makes a good dusting powder for the cord. An aluminum or china pepper or salt castor may be used as a container and sprinkler. Old thin cotton or linen, which has been washed clean, boiled and dried, kept in a covered jar, is cut into three four-inch squares, each folded in four, and a small hole, the size of the cord, cut out of the centre. Cut one fold up to the centre hole. The stump of the cord and the skin near it should be thoroughly washed with boiled water and a piece of clean absorbent cotton or perfectly clean linen. Dry the skin by patting gently with one of the squares. Take two of the squares, slip the cord through the hole in the centre, dust well, fold the top square round the cord, let the cord rest on the other square and put on the binder. Leave the square which is folded round the cord undisturbed until the cord falls off but change the other square and the binder when necessary. When the cord drops off, powder the little scar with boric powder and cover it with one of the clean linen squares out of the



LIFT THE BABY UP GENTLY

covered jar, till it is perfectly healed, which it should be in two or three weeks. If it is at all sore, the doctor should see it.

Dress the Baby.

The baby clothes, which have been arranged and left to warm, will now be put on, and the baby may be so comfortable that he is asleep almost as soon as he is dressed. The dressing takes about two minutes.

The Mother's Rest.

We hope the mother by this time has had a good cup of tea or a drink of hot milk to refresh her and has fallen asleep.

CHAPTER V.

MATERNAL NURSING AND CARE.

Now we look at the baby's time-table. Births most often take place, perhaps, between night and morning. This baby was born at 1.05 a.m. The clock chimes 4 a.m. Good. The mother has been sleeping and resting about three hours. By 6.00 a.m. she will have had nearly five hours' rest.

The Baby's Time-Table.

- 6.00 a.m.—Nursing.
Sleeping.
- 8.30 a.m.—Bathing and dressing.
- 9.00 a.m.—Nursing.
Sleeping.
- 12.00 noon—Nursing.
Sleeping.
- 3.00 p.m.—Nursing.
Sleeping.
- 5.30 p.m.—Bathing and dressing.
- 6.00 p.m.—Nursing.
Sleeping.
- 10.00 p.m.—Nursing.
Sleeping.

Keep right to the Time Table.

The Baby's first breakfast is due at 6.00 a.m.

The Golden Opportunity.

This baby knows how to nurse now. He will know how just about as well at 9 a.m. But after that he will be six hours old, and the nursing instinct which he brought with him may begin to fade a little. Not quite so sure then, not quite so certain—as it is in the first six hours.

After twenty-four hours it is hard for the baby to remember how to nurse. After two days the baby has forgotten. So now is your chance. At 5.45 a.m. steal to the mother's door. Is she sleeping? She stirs, she speaks.

"Is that you, nurse? I want to see my baby." Carry in the little Canadian—looking so sweet—and give him to his mother. This baby is a Canadian boy, but the next will be a Canadian girl and just as welcome. He sleeps on when you lay him in his mother's arms.

It is well for him. Pre-natal life is behind him and post-natal life, with all its greatness, is before him, and we must do our best for the "infant soldier." He has helped his mother to fight for her life and his, and he sleeps.

Six o'clock strikes.

"Do let us see if he knows how to nurse."

"Yes—it is right to wake him up."

Then the nurse takes a little swab of absorbent cotton, dips it in a jar of boiled water, rubs it on a piece of Castile soap, gently cleanses the nipples of the mother's breasts and then dries them as gently with another bit of absorbent cotton. And the mother gently inserts the nipple into the baby's mouth for he cannot find it himself. When the baby feels the soft, wonderful mother's nipple in his mouth, he knows what to do and he nurses. Two or three minutes is enough this time. And then the same with the other breast. And then the nurse gently cleanses the nipples again. The mother must not have sore nipples or a sore breast. So keep everything clean.

The baby does not need nourishment yet. He brought his "birth rations" with him. But he does need what he is getting—a substance (colostrum) secreted in the breast before the milk comes, which is of the greatest value in stimulating his digestive tract, and setting it a-going to "carry-on" for life. Recent researches¹ have shown that probably the colostrum has also an important protective function and helps to keep the baby well. And he has helped his mother to begin the secretion of the milk and helped nature to transfer her marvellous work from the organs of birth to the organs

¹ Theobald Smith and others.

of nursing. All is well. The baby has nursed. The mother's nipples should always be washed with clean warm water before and after the baby nurses. It would not be amiss to drop into his mouth a few drops of boiled cooled water, just to give him the taste for it. He should have water every day and more in hot weather. Boil enough for each day's supply and keep it in a clean bottle with glass stopper or tight cork. Never give a baby unboiled water. Give him two or three little teaspoonfuls about three times a day, between nursings.

Always lay him down to rest and sleep after nursing. No jumping him up and down.

The Canadian Way.

It is to the Canadian Mother that we look for leadership in Child Welfare and especially in establishing Maternal Nursing as the Canadian Way.

There is a right way and a wrong way to teach the baby to nurse. We need intelligence, perseverance and patience. Nursing needs a little management, for there is a "technique" of nursing. The first rule has just been explained, namely that the baby must be put to the breast when he is not more than six hours old, so that he can learn to nurse.



HOLD THE BABY COMFORTABLY

The Leadership of the Mother.

The Canadian Mother knows about this and she is willing. She knows her nursing is the greatest safeguard for the baby's life. She knows that her milk will not only nourish him, but protect him from many of the diseases of infancy. She does not want her baby to die. Nursing the baby is the easiest way. No formula with bottles and rubber nipples, and measuring spoons and milk-sugar and sterilizing, and no one knows what else, for the Canadian Mother. These things will get dirty, and dirt in milk is death to the baby. Nothing can contaminate the mother's breast for nothing can reach it. Her milk is always ready and always right.

It is the cheapest way. What is the use of injuring your baby and wasting money.

It is the wisest way. Wise Mothers nurse their babies.

It is the most successful way and the right and natural way to bring up a baby.

All the Child Welfare Centres try to have all their babies breast-fed for nine months. All the best Child Welfare authorities in the British Empire, the United States, France and everywhere else in the world say so too.

The mother has gone through a great battle in the last few hours. None but she can know how her whole body aches and is sore. Yet, thinking not of herself, she gives a supreme proof of her love for her child. Everything possible should be done to help her. Every mother is a heroine. There may be a little difficulty at first in teaching the baby to nurse, but kindness and good sense will win.

Four Rules for Maternal Nursing.

1. The baby must be taught to nurse when he is about six hours old.

2. The baby must be put to the breast with perfect regularity. Never break the timetable.

3. The flow of milk increases if the baby nurses regularly and decreases if he does not.

4. The breast must be completely emptied of the milk it has secreted since the last nursing. As a rule, it is better at first to let the baby nurse at both breasts each time. If necessary, when the flow of milk increases let the baby nurse from each breast alternately.

The Mother's Helpers.

The Mother is the leader, but the Father, the Doctor, the Nurse, the rest of the family and all of us Canadians must help the Mother to make Maternal Nursing the Canadian Way.

They Are Responsible.

Since the first edition of the Canadian Mother's Book was published, we have received information showing that, in too many cases, Doctors and Nurses are responsible for the baby being taken from the Mother's breast and fed artificially.

The Doctor's Duty.

It is the duty of the Doctor to make sure that the baby is nursing properly within the first twelve hours.

The Nurse.

The Doctor, of course, depends on the Nurse to manage the nursing. But the Doctor is responsible for seeing that the Nurse manages it properly and advises the Mother wisely.

Nursing by the Mother is the One Best Way to save the life of the Canadian Baby.

Your Reasons?

No Doctor or Nurse should deprive a baby of his mother's milk except for clear, definite and insuperable reasons.

Danger.

Any Doctor or Nurse who advises that a baby should be taken from the mother's breast and fed artificially takes a great responsibility and such advice should never be given except after careful consideration and full knowledge of the danger it means to the baby's life and health.

Artificial feeding greatly reduces the baby's chance of life and health. The artificially fed baby runs nine times as many risks of dying in infancy as the baby nursed by the mother does.

The Milk Comes Slowly.

Remember that the flow of breast milk is established slowly and this is a good thing, for you know the baby's stomach can only hold a tablespoonful or two at first. The milk is coming all right. About the second or third day after the birth the mother feels her breasts softer and smaller—not so full, as if they had “collapsed,” and then perhaps she is frightened and thinks her milk is not coming. Her doctor and nurse should know enough to tell her that the softness of her breasts shows

that the milk *is* coming. The soft breast is full of milk but not too full. That is the reason it is soft. Milk in the milk glands makes the breasts feel soft. The mother is all right.

The Nursing Mother.

When you are nursing the baby be sure to take exercise, good food, but not too much, and sufficient sleep, just as you did when the baby was coming.

Then your milk will "agree with the baby." The only change necessary in your diet while you are nursing is to take a good deal of fluid including hot and cold water and any simple drink you are fond of. Be sure also to drink milk. Milk is a food, not a drink. So sip it slowly. It will help to increase the flow of milk.

The Delicate Baby.

If the baby at first is weak and delicate or perhaps premature, that is, born before the term of 280 days, and so cannot nurse vigorously, we need a little more patience. Let him nurse all he can. Then, after the Mother's nipples have been carefully washed as directed above, the Doctor or the nurse will "express" the milk. This is done as follows: The Doctor

or nurse, after carefully washing the hands, stands conveniently at the side of the mother and a little behind. Placing the thumb and forefinger of the right hand on the breast of the mother and just above the areola or coloured portion round the nipple, the thumb being above, and the forefinger below, gentle pressure is made on the breast downwards and outwards. This causes the milk to flow out, drop by drop, and it is received into a small cup which has been sterilized by boiling. When a sufficient amount is received a sterilized medicine dropper is used to drop the milk on the baby's tongue. The delicate baby is thus fed and nourished until he is stronger and able to nurse more vigorously.

Keep to the Time-Table.

But the baby should always be put to the breast, so that he may get all he can himself and not forget how to nurse, and also to keep up the secretion of milk. The expressing of the milk also helps the secretion. The breast should be completely emptied each time, just as it is when the baby nurses vigorously. The mother's milk, thus obtained, may be kept for a short time, say three hours, till the next nursing. A delicate baby may need to be fed every two hours.

The Vigorous Baby.

On the other hand, a very strong and vigorous baby may nurse too rapidly and suffer afterwards from colic or other pain. To prevent this, the mother may easily compress the breast above the nipple with the thumb and forefinger, and so regulate the flow of milk.

Breathing.

The baby's cry at birth is really more a shout than a cry. No baby is comfortable until the lungs are thoroughly expanded by the air entering them and this does not happen for a few days or weeks after birth. The baby's cry is due to the necessity of opening the little cells of the lungs so that the air can enter them and does not mean that there is anything wrong with him. He is only "stretching his lungs." Don't let him disturb his mother.

The early efforts at nursing help the baby to learn how to breathe deeply. To ensure this, great care must be taken that the nostrils are not blocked by being too close against the mother's breast. If the nipple is adjusted to the baby's mouth and the baby is properly held, he will take deep breaths and the air-way will develop in his nose and throat. Adenoids, which are such a handicap to a child, are one consequence of a neglected

air-way—or to speak more plainly, of careless nursing or artificial feeding and of a neglected, obstructed, dirty, unused nose in infancy. Let the baby nurse well and the baby will breathe well.

Nursing.

The position of the mother when nursing the baby must be made as comfortable as possible. She may prefer to turn on one side, supporting the baby in her arm on that side. But if the mother finds this a cramped and wearisome position, she must be supported comfortably by pillows, or in some other way. A mother will sometimes be more comfortable if the baby is laid across her chest, and then the mother's arm which supports the baby's head should rest on a pillow.. She will soon be able to sit up in bed.

Sitting Up.

When the mother is able to leave her bed, she should sit in a low, comfortable, cushioned chair when nursing, and often a good plan is to have a cushion or pillow on the mother's knees, the infant being placed on the cushion. This makes it easier for the mother as she does not need to bend over too much. If no low chair is available, the father can easily make one by



MOTHER'S CHAIR

taking an ordinary kitchen chair, sawing an inch or two off the legs and putting a cushion on the seat.

The baby, as a rule, should not take longer than fifteen to twenty minutes for each nursing, and recent investigations¹ have shown that an infant will often obtain most of the milk in the first four minutes and that in about twelve minutes he may have nearly enough. No matter. The mother and baby should never be hurried or disturbed when the baby is nursing, and there are advantages about letting the baby end his meal gradually, as we do ourselves. It is a comfort for baby and mother to sit quietly resting for a few minutes after a nursing is finished. Don't hurry. Take time.

Diet for the Mother.

At first the mother should have light diet, including milk, tea, crisp thin toast, transparent bread and butter. Next day baked potato and butter, stewed apple or a bit of a ripe peach if in season. On the third day a little piece of broiled fish (white-fish or some delicate fish preferred), and do not forget butter and green vegetables. Next day a bit of chicken or broiled chop—and so on. Take what you really like and have your food interesting. Keep on the same diet that suited you

¹ Dr. C. H. Smith and Dr. K. K. Merritt.

before the baby came, but drink a great deal more—say a pint or more of milk a day and plenty of water three or four times a day. This helps the flow of your milk. So does eating slowly and chewing thoroughly so that you get the good of every grain of food you take. You should have meat at one meal every day. Milk becomes a solid food about one minute after you have swallowed it. So sip it very slowly in little sips and see that your children do the same. “Milk is our greatest protective food.” You must have it.

Take Care of the Mother.

The mother should not leave her bed for about ten days, should not leave her room for about three or four weeks, and should do very little work at all until the baby is at least six weeks old. The doctor should see the mother and baby when the baby is about a month or six weeks old, so that he may be sure that the baby and the mother are all right.

Washing out the Baby's Mouth.

It does a great deal more harm than good. After the baby has nursed, or any time between nursings, he may often have a tiny spoonful of boiled, cooled water. The baby's own saliva, which soon begins, is the best thing to wash

out the mouth. If the baby's mouth is sore, which it never should be—Ask the doctor. Don't wash out the baby's mouth.

Bathing the Baby.

The first bath should be finished in three minutes. Later on, when the baby is about a month old, and the mother gives the bath, it should not take longer than five to eight minutes. By and by the baby will be old enough to enjoy playing and splashing about in the water, but the bath should not last longer than eight or ten minutes. When the baby is six months old the temperature of the water may be gradually reduced to 95 or 90 degrees Fahrenheit and the temperature of the room may be about 66 degrees.

Great care should be taken not to let the baby get frightened. Some babies are alarmed by being undressed, so it is well to go quietly and stop sometimes to reassure the baby by patting him gently and talking to him till he gets used to having his clothes off. Take off the clothes by slipping them down over the feet. After undressing him, wrap him in a soft, warm towel or blanket while you wash his face. Lower him gently and gradually into the warm water and keep hold of him. You might put a folded towel in the bottom of the tub so that he will feel it underneath him. Put

only a little warm water in at first, and then when he is amusing himself with something, add more water gradually.

The Natal Cleft.

The natal cleft is that part of the body between and above the inner sides of the thighs. It must be kept perfectly dry, clean and comfortable. Careful cleansing with good soap and water after anything is passed either from the bladder or the bowels will secure this; dry gently and then apply a very little vaseline.

Never let the buttocks or the natal cleft get red or sore. It would be a disgrace. The baby who is nursed by the Mother seldom or never has such a thing happen to him.

Diapers.

Diapers must be perfectly clean and soft when put on the baby. Soiled diapers must be cleansed, boiled, washed with mild white soap and rinsed with great care. Do not use bluing. Dry in the sun, if possible. Never allow a soiled diaper to remain on the baby.

It is a good plan to remove all the solid matter from a soiled diaper at once with an old knife, kept for this purpose, and then put the



LAY THE BABY DOWN GENTLY

diaper into a tightly covered pail to soak. Then they are easy to wash. Do it as soon as you can. A great way to have a house and the air in it, and the things in it, all clean, is—Never let them get dirty. If you cannot wash the napkins to-day make a pailful of borax solution (1 tablespoonful to a quart) and let them soak in your covered pail.

Lifting, Holding and Laying Down a Baby.

To lift a baby, slip the hands gently beneath him so as to support the whole body evenly and then carry the baby close to you so that your hands, arms and chest form a cradle in which he may be carried steadily and hardly know when he is moved.

Lay the baby down in the same gentle way—supporting him with your hands and arms, and lowering these until they rest on the baby's bed. Then withdraw the hands gently and gradually one at a time, without disturbing the baby at all. Some people lay a baby down ungently, but the mother or nurse moves the baby so gently and evenly that he never knows it. Always support the back, neck and head. Never lift up a baby or a little child by the arms.



SUMMERTIME

SUMMER CARE OF INFANTS.

You want more water to drink in summer. So does the baby. You need less food in hot weather. So does the baby. You want cool clothing and little of it. The young baby needs only the undershirt and napkin in the hottest part of the day. Be on your guard in case the weather suddenly becomes cooler, and keep him warm enough but not too warm. The baby needs the freshest, coolest air we can find by day and night.

Keep the baby out in the air as much as possible, but not in the sun. If the weather is very hot the baby will be cooler and safer in the house with the shutters closed during the hottest part of the day. A large vessel containing ice or cold water placed in the darkest corner of a room will help to cool it. An electric fan, if we can afford it, helps to keep a room cool.

The baby may need an extra sponge bath daily and great care should be taken to keep him and everything about him very clean.

Don't leave his milk in the sun, and don't give him quite as much food when the weather is hot.

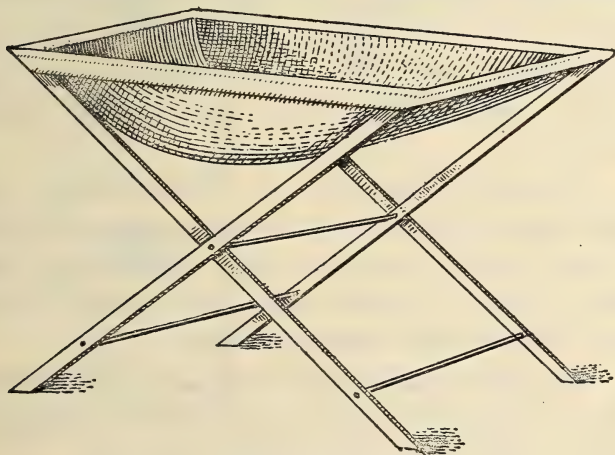
PRESENTS FOR THE BABY.

BABY'S BLANKET.—A knitted blanket for the baby's bed. It is soft, light, warm and easily washed. Auntie will make it.

BABY'S CLOTHES-HORSE.—A small folding clothes-horse to hang all the diapers, towels, clothes, etc., for the baby's bath. Daddy will make it.

BABY'S HIGH-CHAIR.—The kind that has a porcelain or enamel tray is the most convenient. High chairs are a bit dangerous. Be careful. A wee table and a wee chair are safer.

BABY'S BATH-TUB.—Folding rubber tub; eight rods of wood, some big tacks, four hinges for the end-pieces, two thumbscrews to bolt the legs together and a piece of rubber sheeting or white waterproof oilcloth. Daddy will make it.



THE BABY'S BATH

BABY'S SHOES.—When children begin to stand on their feet, they should have soft baby shoes, the natural shape of the foot, with soft leather soles. The next pair of shoes may be a little stronger and heavier, but with no heels till the child is about six years old.

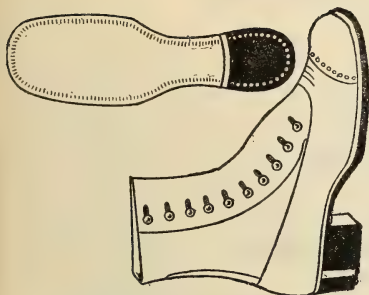
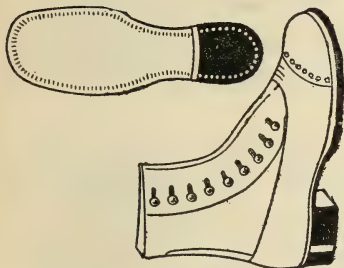
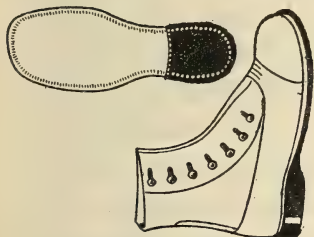
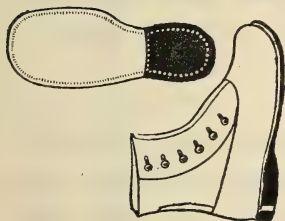
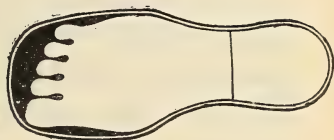
BABY'S PLAY-ROOM.—Make an open lattice work or paling about twenty inches high and twelve to sixteen feet long, which can be folded up by means of hinges. Daddy will make it. Put a rug on the floor, a clean sheet over the rug, the wooden wall round it, and the baby will be safe and happy inside.

BABY'S CAMP-STOOL BATH TABLE.—A table made like a canvas camp-stool, with pockets in the canvas for holding things required in giving the bath. Place three bath-towels over the top of the table. Soap the baby on the top towel, then bath him, then dry him on the second towel, then dress him on the third towel.

BABY'S CARRIAGE.—A perambulator or baby carriage should have a folding canopy, (not a close hood), should be long enough for the baby to lie in comfortably and should have large wheels and good springs.

Go-carts should only be used for children who are big and strong enough to sit up straight and to place their feet on the foot-rest.

GOOD SHOES



CHAPTER VI.

THE BABY GROWS.

In a couple of weeks the baby begins to think more of himself. He moves more, he hears pretty well, he distinguishes light from darkness.

At birth he can hold your finger firmly if it is placed within his hand. He probably has the sense of taste, too, and soon the sense of smell develops. One of the first things to be noticed about the baby is that the pupils react to light. He soon knows when he is being held in your arms, and he feels heat and cold. He finds the way to his mouth accidentally, as it were. As a rule the eyes are not opened very wide until he is three or four weeks old. Hearing begins about the second day. Perspiration begins about the sixth or seventh day.

Taking Notice.

“Taking notice” is evident soon after this time. Lights, sights, sounds and caresses are noticed by the baby and seem to give him

pleasure. In the first month his little hands wave about. In the second month he tries to lift his head and in the third month the saliva begins to be secreted freely. Tears first appear about the second or third month. He smiles and begins to "know his mother" when about five or six weeks old. In the third or fourth month he begins to know other people, "coos"—laughs—makes sounds like vowels, shows signs then or sooner of having a will of his own.

Sitting Up—Playing.

He tries to sit up at about four months, but he should always be supported until, at about six months, he can sit alone a few moments. He begins to be sociable, begins to cut teeth and will try to "talk" and creep about the seventh month, or sooner. When he is about ten weeks old he begins to want to grasp things and hold them. At three months old a child has been seen to grasp one hand with the other. He begins to have quite an idea of taking hold of things. Be sure to give him one or two playthings; simple playthings you can boil or wash thoroughly are best. You do not need to buy playthings. You can find them in the house—or make them.

The Baby's Mind.

The baby is beginning to use his mind just as he is beginning to use his hands, and by and by he will use his legs more. He will get to understand that this rattle he sees in his hand is the same thing that he feels with his fingers and that he hears making a noise. Then he discovers that he can cause the rattle to make this noise. His mind is working. The best way to develop a good healthy mind is to let it work unhindered, to give it something to work on, and to develop a good healthy body. Sleep, exercise, fresh air, nursing—these are what he needs.

Some children show interesting traits at a very early age. One baby a month old seemed to notice music and a little girl of four months showed pleasure in seeing flowers.

Sight.

Although the eye is perfect at birth, the baby does not really "see" because he has no way of interpreting what he sees. A baby's eyes should never be exposed to a strong light. He enjoys a light which is not too strong when only a few days old, and soon begins to follow with his eyes any moving object. A child eighteen days old has been observed to look at his mother.

Activity.

One of the greatest characteristics of a baby is constant activity. The uncertain, "waving" movements of the limbs, which are seen quite early, develop into the co-ordinated purposeful movements which enable him, at about three or four months, to grasp and hold things, but only for a short time. It is not the nature of babies to keep still. They must be free to move.

Fresh Air.

Never leave the baby in a room where the air is bad. Always see that there is a supply of fresh air for him. Usually the middle of the room is the best place to put his bed. In summer the windows should be screened, and in winter, if we tack cheese-cloth over the screen, it will let in sufficient air and will keep out dust, dirt, rain and snow, when we open the window.

The baby lives and grows on the mother's nursing and on fresh air. Babies thrive on fresh air. They may be taken out in summer when about a week or ten days old. Begin gradually, say a few minutes the first day, and then longer every day till the time is from 10 a.m. to 2 p.m., or in summer all day long.

The baby should always be carefully protected so that every part of the body is warm and comfortable, especially the feet.

The Baby's Room.

We will give the baby a room to himself in our house, if we can. If not, mother will make him comfortable in the best place she has for him, and that is always a good place. A sunny room is the place for the baby. He needs sun to make him thrive just as much as plants do.

A bare floor with rugs, simple furniture—including the mother's chair, a little bureau, a basket, a screen and a low table—and muslin curtains on the windows, are all good. An open fire is a great advantage.

The temperature of the baby's room should be 70 to 80 degrees Fahrenheit at first and then gradually, especially when he is old enough to go outside, the temperature may be reduced to 65 degrees. The gradual training to a fairly cool temperature is one of the most valuable things the baby learns. But do not dress him foolishly. Bare legs are not comfortable in cold weather. If a baby is born in winter-time he should be carried from one room to another for a change of air. In the meantime air the room he has been in before taking him back to it.

An Indoor Airing.

He should have an "indoor airing" when about a month or six weeks old. This means that the baby is very warmly dressed and covered in his cradle or carriage and then the windows are opened wide. For the first "indoor airing" a few minutes is long enough, and the time should be gradually lengthened. In this way the baby becomes gradually used to the cool air and can safely be taken outside later on.

Exercise and Play.

It is very important that the baby's clothes should allow free movement. Once or twice a day the dress and some of the other clothing should be removed and he should be allowed to move his arms and legs and wriggle about freely. Lay him down on a blanket spread out on a bed in a warm, comfortable room. The mother will play with him in a gentle way and he will discover his ten toes and ten fingers as sources of interest, probably with no idea that they belong to him. His efforts to put his great toe in his mouth are quite a gymnastic exercise.

Change of Position.

Besides the times of nursing, every baby should be held in the arms of the mother and of the father once or twice a day. He feels the

pleasure of this and enjoys your company. Do not let the baby lie in one position so often or so long that he wears the hair off the back or the side of his head. Of course the first hair falls out shortly after birth, but new hair soon appears.

Sleep.

The new-born infant should sleep nearly all the time. At six months, twenty hours' sleep is needed. At one year, sixteen to eighteen hours with a good rest in bed both morning and afternoon. The afternoon rest is very important for young children. Children two years old need at least fifteen hours sleep. They should always rest quietly in bed in the early afternoon, with a doll or teddy bear for company and should be encouraged to go to sleep. At five years of age the child may go to bed about 6 p.m. and sleep twelve to fourteen hours. At ten years of age children need eleven hours of sleep, and at fifteen years, nine or ten hours.

CHAPTER VII.

THE BABY'S HABITS, HEALTH AND NUTRITION.

The mother, having been careful about her regular daily habits, may be sure that the baby is likely to be regular too. And care should be taken to help the baby to get regular habits, as already mentioned.

The Regular Daily Motion.

The very young baby often has two or three motions each day, except for the first few days of his life, when the bowels may move very little. After about six or eight weeks of age, there should be one motion every day. Do not let the right time of day for a motion pass without attending to this. Usually after the 9 a.m. nursing is a good time. Wait a few minutes after the nursing, holding the baby comfortably in your arms. Then place a bowl or tiny chamber between your knees. Remove the diaper and seat the baby on the chamber, supporting his back against your chest and holding his body gently but firmly in your hands, one on each side. In a very short time,

the regular habit is established, at the same hour every day—a life-long boon. In cold weather the tiny chamber should be warmed or have warm water in it. Sometimes it may be necessary at first to stroke the skin in the neighbourhood of the anus or to insert a small soft rubber catheter, or to give an injection of a tablespoonful of tepid salt and water through a catheter. A soft rubber ear syringe is perhaps better than a catheter.

If the daily habit is established this way and plenty time is given so that the bowel is thoroughly emptied, there will be very little trouble with too frequent motions.

The character of the stools is a valuable indication of the baby's health. For the first few days the stools are dark in colour (meconium), sticky, and odourless; gradually the colour changes to yellow, the odour is faint and characteristic, but not offensive, and the consistency is soft and smooth. If the motions are different from this, and the baby does not seem well, ask the doctor.

Circumcision.

Circumcision is not necessary for the baby boy's health, as a rule. Ask the Doctor. When he is very young it may be advisable to retract the foreskin once a day. Cleanse under it gently, using a bit of clean absorbent cotton

and warm water and then let it slip back into place again. It is better not to continue doing this, and it is not necessary except for the very young baby and sometimes not even for him.

Weight.

The baby's weight generally tells how he is thriving. During the first week of life, a few ounces of weight is usually lost. The weight at birth is about seven and a half pounds; at the end of the first week about seven pounds, and at the end of the second week it may be about the same. Then in the third week the baby gains about three-quarters of an ounce to one ounce a day, keeping this right up till he is a year old and no longer a baby. That means a weight of about eight pounds at one month old, of fourteen pounds at six months old, and twenty-one pounds or more at a year old. It is a comfort to have a pair of scales to weigh the baby regularly each week. Weigh him on the same day and hour and in the same clothes.

Health and Weight.

The weight of a baby is a very important matter, and a slight loss or gain means more than in an adult. The loss of a pound in a baby often means as much as if an adult lost fifteen pounds.

During the first month it is a good plan for the nurse to weigh the baby every day or every other day, perhaps both before and after a nursing at the same hour daily and in the same clothing, so that we know:—

(1) How much Mother's milk the baby got at that nursing;

(2) How much he has gained or lost since yesterday. After the nurse leaves, the baby might be weighed once a week. It is well to keep a record of the weight on the Weight Chart, making a dot with a pen or pencil to represent the baby's weight each week and drawing a line to connect these dots.

Food and Weight.

At birth, the baby's stomach holds from one to two tablespoonfuls. It soon grows larger but it must never be over-filled. Most babies are encouraged to nurse too much and too often and we cannot expect them to know yet when they have had enough. If they did, they would be wiser than many grown-up people!

A baby three days old takes about one ounce at each nursing and six ounces in the whole day. A baby ten days old takes about three ounces at each nursing and about eighteen

ounces in the whole day. A baby one month old takes four ounces at each nursing, and about twenty-four ounces in the whole day.¹

Not too Fat.

Do not be anxious to have a very fat baby. It is not a good sign when a baby is too fat. The baby nursed by the mother is active, feels light, is strong, and not too fat.

The New Time-Table.

When the baby is four or five months old the three nursings at 9 a.m., 12 noon and 3 p.m. may be changed to two nursings at 10 a.m. and 2 p.m. He will awake about 9 a.m. as usual. By this time he will have learned to kick, to explore his fingers, and toes and exercise and enjoy himself generally. It is easy, by letting him amuse himself, and taking a little longer over the bath, to give the nursing at ten o'clock instead of nine, and in a few days, the new time-table will be running well, not to be changed again until at the end of nine months, we begin to prepare for changing from nursing to feeding.

The Good Baby.

The good baby has bright eyes, and a contented expression. His skin is red for the first few days and then gradually becomes a

¹Dr. Truby King. Other authorities mention somewhat smaller quantities.



SIX MONTHS OLD

clear soft pink colour. He feels "light" and "springy" in your arms. He sleeps peacefully with eyes and mouth closed.

Fruit Juice.

A little fruit juice is good for most babies and sometimes it makes a great difference to a baby's health. Begin with a few drops of sweetened strained juice of a sweet orange, sweet apple or prunes, diluted with boiled water, when the baby is a month old. This may be increased to a teaspoonful at three months and a dessert spoonful at six months. When the baby is over twelve months, he may have a tablespoonful or more twice or three times a day. The strained juice of other fruits, or of a ripe tomato, may be given at six months. Give fruit juice between nursings.

Changing from Nursing to Feeding.

For this great event, which is usually called "weaning," preparation has been made beforehand. The baby has had a few drops of boiled and cooled water from the first, given from a tiny salt-spoon or egg-spoon. When the baby is older, more water, with a little milk sugar (bought at a drug store) in it, may be given in this way, and a clever baby can use a tiny cup when about seven or eight months old. He need never learn to use a bottle. From the

time the first teeth appear he has had something suitable to exercise them on, as a bone or a crust of bread. He will get some tiny grains of food, to his great satisfaction, but he will get a great deal more—exercise and development for his teeth, jaws, nose and face muscles. Do not wean a baby who is not very well, nor when teething, nor in the hot weather. About the ninth or tenth month is a good time and the change should be made very gradually. It will take about a month or six weeks to change entirely from nursing to feeding.

The first day give one feeding and four nursings. In about a week change to two feedings and three nursings. At the end of the second week begin three feedings and two nursings. At the end of the third week, four feedings and one nursing, and at the end of the fourth week, five feedings and no nursing.

The baby is now being nursed five times a day, at 6.00 and 10.00 a.m. and 2.00, 6.00 and 10.00 p.m. A most important rule in the bringing up of children is to make no sudden changes. Make haste slowly. The baby is now gradually being weaned and we must make his five meals as much like the five nursings as possible. He has been getting about thirty-six ounces of mother's milk every day, or about seven ounces at each nursing. We are now going to give him one feeding.

Milk—the Indispensable Food.

Milk is the indispensable food for children. They cannot do without it. The cow has been well called “the foster mother of the human race.” Little children must have milk to enable them to grow properly. No matter what it costs, milk is still the cheapest food for children. Children from nine months to two years should have about two pints of milk every day in addition to other food, and it is really a mistake to give them any less till they are about twelve years of age. Three large cups of milk a day is the very least they should have.

The First Feeding.

For the baby's first feeding when he is being weaned, we need about six ounces of the very best milk. Never give a baby “loose” milk, that is milk that is dipped from a large can or pail. Give only bottled milk. If you are so fortunate as to have cows of your own, then watch the milk and see that no dirt touches it from the cow to the baby. Even then it is safer to pasteurize the milk. If you are using bottled milk, do not open the bottle till you are ready to feed the baby. You need a suitable cup scalded out with boiling water. Put about two ounces, or four tablespoonfuls,

of boiling or boiled water in the cup. Then put in a small spoonful of milk sugar or ordinary white granulated sugar. Now take six ounces of top milk or whole milk out of the bottle and put it in the cup. The hot water will take the chill off it and the sugar sweetens it. The baby will like it. By this time he will probably have a little silver spoon of his own. This is a great occasion and the baby will be duly impressed if you make much of it. Do something to please him. Every baby has special ideas of his own. The more interest you take in the occasion, the more the baby will think of it.

Milk Must be Pasteurized.

All milk must be pasteurized. Pasteurized milk must be used within 24 hours after pasteurization, and must be kept cool (40 deg. Fah.), clean, and covered. No other is safe for babies. Ask your medical health officer where you can get pasteurized milk in bottles. If you cannot buy pasteurized milk, you can pasteurize the milk yourself quite easily. Put your pint bottle of milk into a pot or pan of cold water. See that the bottle is almost covered by water. Heat the water to 145 degrees Fah. by the thermometer and let the milk bottle stay in that hot water for half an hour. Or if you have no thermometer, bring the milk nearly to the

boiling point. That will make it safe if you give it to the baby as soon as it is cool enough.

Covered, Cool and Clean.

After being pasteurized the milk must be put at once in your ice-box and kept cool, and it must always be kept covered so that no dust or dirt can possibly get into it.

Later on, when the baby is weaned, it may be more convenient for you to prepare the milk for all his five feedings at once. You only need about forty ounces, for now the baby is beginning to eat other things. Take thirty ounces of whole milk, ten ounces of boiling or boiled water. Then pasteurize the milk if it has not been pasteurized already. Keep covered, cool and clean, and add the teaspoonful of sugar to each meal just before you feed the baby.

Make it Interesting.

Continue to try a new food for the baby every little while so as to make his meals more varied and interesting. Give him just a tiny taste the first time. By and by, leave out the 6 o'clock a.m. feeding. Give the breakfast a little later and the dinner a little earlier and soon the baby will be so big and strong, and so sleepy at night that he will not want

the 10.00 p.m. feeding. Now he is on three meals a day. It may be advisable to give a little food to the child in the middle of the morning and afternoon, but it is rarely necessary, and the child is better without it. He may begin now to have the cereal jellies.

Barley Jelly.

Soak four tablespoonfuls of well-washed pearl barley in a quart of warm water for an hour. Bring to the boiling-point, and keep almost boiling for three hours. While hot, strain into a freshly-scalded jug. Cover and set in a cool place. Make fresh for use every day.

Rice Jelly.

May be made in the same way, using whole rice.

Oat Jelly.

May also be made in the same way, using whole oatmeal.

Cereals may be given as the child's first birthday approaches. These should be cooked in a double boiler for three or four hours. Teach the baby to chew them well. Bread and butter, crisp bread and toast may be given at about eleven months.

A taste of the soft part of a baked apple or a floury baked potato with a little butter or dish gravy may be given when the baby is

about eight months old, if he is doing well, but it is safer to wait till he is about a year. Try a little strained puree of green vegetables at about ten months. At about fifteen months try a coddled or lightly-boiled egg. The baby might have a little of the yolk of a fresh egg even earlier, perhaps at twelve months if he is doing well. At about fifteen to eighteen months he may have a little scraped beef or a morsel of chicken. Simple desserts, such as custard, cornstarch, rice, may be given to a child two years old and he may have a little fruit jelly with them or a little cream and sugar. Do not give a baby two new foods at once. Wait three or four days or a week, till he has made a success of the last one. Be cautious. Give a wee taste first, till you see how he is going to take it. Good stewed fruit may be given at about fifteen to eighteen months. Fruit in season may be given, but with caution. A fresh ripe peach is the first and safest fruit to give a child, and a small bit might be given even at fifteen months, but we must go slowly. Give an egg one day and a morsel of meat the next, and always teach the baby to chew all his food. Cream soups may be given by and by. At two years of age the diet of the child should be about half milk and half other foods.

No Cake or Candy Yet.

It is no kindness to give a child cake or candy. You are robbing him of the delicious taste of things that are really good for him and giving him nothing in return. You would not hurt his sense of sight by flashing a fearful light on him. Then why would you hurt his sense of taste by giving him candy? Let the baby enjoy food that is good for him.

Don't Poison the Baby.

Never give a baby medicine or drugs or soothing syrup or anything but his regular meals except by the direct advice of your physician. You don't want to poison your baby.

The Mother's Own Baby.

The mother's right diet during pregnancy and nursing confers great advantages on the baby. She has taken simple, plain, nourishing food, meat once a day, milk in many forms, butter, whole wheat bread, green vegetables and so on. The baby's bones and teeth and general "constitution" are built from this good material and are therefore good. This has been clearly proved in the case of the baby's teeth and recent research is showing the vast importance of the mother's right diet to her

unborn or new-born and nursing baby. Thus the milk of the mother gives the baby a good constitution and good teeth.

Teeth.

The germs or beginnings of all the teeth, twenty temporary and thirty-two permanent teeth, are hidden away in the mouth of the new-born baby and the mother who has taken proper food during pregnancy has done a great deal to give her baby good teeth. By nursing her baby she does a great deal more—she makes it almost certain that the teeth will be good.

Good Teeth.

The mother has now only to do two other things and the child's teeth will be sure to be good. The first is to let him use his teeth, and the second is to keep them clean. As soon as the teeth appear, or even sooner, when the gums look a little swollen, let the baby have a nice "drumstick" of a chicken or a chop-bone to put in his mouth. If you are not quite sure that this bone is clean enough, just boil it first, but leave the tiny crumbs of meat sticking to it. A few grains of sugar may be sprinkled on the bone to make it more attractive. Be sure that the bone will not splinter. Give him at another time a hard crust of bread, or a hard bit of toast to work at. Of course never

leave him when you give him these things, for if he happens to break off a piece of the bread he may try to swallow it and choke. Tiny crumbs he can manage well. And after this see that he has some hard food every day to use his teeth on. It is the want of use that spoils teeth. A diet of pap and pulpy foods only would spoil any teeth.

Don't Kill the Baby.

But never give the baby "tastes" or "bits" of fish, meat or other things you eat. That is the way to kill the baby. Of course it sometimes fails to kill him, but surely you do not want to risk his life. It is very dangerous to feed such things to the baby too soon. Very often such a baby, if he survives, is delicate or unhealthy in childhood and manhood.

Never let the baby put food or anything in his mouth that is not perfectly clean. If a spoon drops on the floor it must be thoroughly cleaned by washing in boiling water before giving it back to him. Never let him see the so-called "comfort." It is an unclean thing—and dangerous.

An Apple.

When the baby is thirteen to eighteen months old, he may have a good ripe apple to amuse himself with. Peel off a small part

of the rind and let him see what he can get off the apple. He will not get much apple but he will get a great deal of fun and some exercise for his teeth and jaws. This and all similar acts help to make good teeth and to develop the air-ways of the nose, a most important thing and one which helps greatly to prevent adenoids and bad throats.

Keep the Teeth Clean.

The first teeth appear at about four to six months and all the twenty teeth of the first set have appeared about the time the child is two or two and a half years old. At eight months a child may have eight teeth and at twelve or fifteen months, twelve teeth. As soon as the first teeth appear, care should be taken to keep them clean. Wash them off with a soft piece of clean gauze or a clean handkerchief. Later, when there are several teeth, buy a baby's soft, little tooth-brush and brush the teeth morning and evening. Never give the child anything to eat after the teeth are brushed in the evening.

The use of the toothbrush is a great protection to teeth. But the use of the teeth is a greater protection.

How to Eat.

Do not expect children to eat without learning how. Sit down opposite the child and show him "How Daddy Does It." And always sit beside him while he eats. The baby had to be taught how to nurse and educated to use the nursing instinct. He will now have to be shown how to eat.

Eyes, Skin, Bones and Limbs.

You know that we must protect the baby. A baby's eyes, skin and bones are tender and easily hurt. So we must be gentle and not hurt the baby.

You do not let the sun shine into your own eyes, so of course we must shade the baby's eyes, especially out in the open air. It is a sorry sight to see a stupid person letting the sun shine in the baby's eyes.

Protection.

The skin of the infant has been immersed for months in the fluid which surrounded it until birth. The "vernix caseosa," which covers the skin at birth, is a protection to the tender, soft, easily-rubbed-off skin. In bathing the baby we must be careful not to rub off his soft skin. We must be gentle and not rub at all,

but dry by pressing softly, more softly than you would when using blotting paper on a blot of ink. We would be sorry to see pimples or pustules on the baby's skin, and so we are very careful not to rub it. If skin is rubbed off, a sore place is made and this is often the cause of a pimple or pustule. The baby needs his skin for protection as much as we do.

Immunity.

Another very great protection is given by nursing. The mother's blood and therefore the mother's milk contains all kinds of protectors, "anti-bodies" as they are called, against the germs which she has been fighting for years and which the baby now has to meet and fight. His mother's milk gives this protection and keeps him healthy, until in about a year he can begin to make enough of these anti-bodies in his own blood to fight the enemy germs for himself. But there is no doubt that the baby nursed by the mother has a great protection against all the germs in his neighbourhood. He is more or less "immune," that is, he will not take infection easily. If the mother has been vaccinated and so protected against small-pox probably the baby will be protected against small-pox while nursed at the mother's breast.

Smallpox.

That is a disease which is very fatal in infancy, but fortunately we can protect the baby perfectly from it. At about three months of age, or at least before teething begins, the baby must be vaccinated. This protection against small-pox will last till about twelve years of age, when the boy or girl should be vaccinated again. A baby can be vaccinated without any pain at all, without even waking him if he happens to be asleep. Stitch a piece of clean absorbent cotton inside the sleeve so that it will protect the vaccination.

Protect from Infection.

Never let any person who has "a cold," or who is ill in any way, come near the baby. If you have a cold yourself, wash your hands and tie a clean handkerchief over your nose and mouth before nursing or caring for the baby. No one should kiss the baby's lips. The back of the neck or the top of the head is a safer place.

Never let a fly or mosquito get near a baby indoors or out. Use white mosquito-netting to protect the baby.

Screen the windows and doors in summer.

The baby is sure his mouth is the place to put everything, so give nothing to play with that is not clean enough to put in the mouth.

Do not let the baby creep on a dusty floor. Have a clean sheet or blanket or rug for him to creep on.

The baby needs clean air to breathe, a clean skin, clean clothing, clean food.

THE BABY'S TIME TABLE

BIRTH TO FOUR OR FIVE MONTHS OLD.

6.00 a.m.—Nursing.

Sleeping.

8.30 a.m.—Bathing and dressing.

9.00 a.m.—Nursing.

Sleeping.

12.00 noon—Nursing.

Sleeping.

3.00 p.m.—Nursing.

Sleeping.

5.30 p.m.—Bathing and dressing.

6.00 p.m.—Nursing.

Sleeping.

10.00 p.m.—Nursing.

Sleeping.

THE BABY'S TIME TABLE.

FOUR MONTHS OLD TO NINE MONTHS OLD.

6.00 a.m.—Nursing.

Sleeping.

9.30 a.m.—Bathing and dressing.

10.00 a.m.—Nursing.

Sleeping.

2.00 p.m.—Nursing.

Sleeping.

5.30 p.m.—Bathing and dressing.

6.00 p.m.—Nursing.

Sleeping.

10.00 p.m.—Nursing.

Sleeping.

FEEDING THE BABY.

The Canadian Way.

MATERNAL NURSING IS THE ONE BEST WAY
FROM BIRTH TO NINE MONTHS OLD.

Change very gradually from Nursing to Feeding. See page 105.

From Birth.—Tiny teaspoonful of boiled water three times a day from the time of birth. Increase quantity as required.

One Month Old.—One teaspoonful of fruit juice at three weeks or one month and a dessert-spoonful at six months.

Six Months.—A crust of bread. A chicken bone.

Nine Months.—Little children must have *Milk* to enable them to grow properly. No matter what it costs, milk is still the cheapest food for children. Children from nine months to two years should have about two pints of milk every day.

Ten Months.—Strained purée of green vegetables. Barley Jelly, Rice Jelly, Oat Jelly.

Eleven Months.—Oatmeal, Cream of Wheat, Farina, and other cereals. Bread and Butter or Toast.

Twelve Months.—A taste of the soft part of a baked apple or a floury potato with a little butter or dish gravy may be given when the baby is about eight months old, if he is doing well, but it is safer to wait until he is about a year old. A little bit of a ripe apple may be tried cautiously.

Fifteen Months.—Try a little of the yolk of a fresh egg—perhaps as early as twelve months. Then try a coddled or lightly boiled egg.

Fifteen to Eighteen Months.—At from fifteen to eighteen months he may have a little scraped beef or a morsel of chicken. Also good stewed fruit and a taste of a fresh ripe peach.

Two Years.—Simple desserts and fruit jellies with cream and sugar.

Foods.

Boiled Water.—From birth—Tiny spoonful three times a day. Increase quantity as required.

Fruit Juice.—Three months—One teaspoonful. A dessertspoonful at six months. When the baby is over twelve months he may have a tablespoonful or more twice or three times a day. The strained juice of other fruits, or of a ripe tomato, may be given at six months. Give fruit juice between nursings.

Chicken-bone.—Six months.

Crust of Bread.—Six months.

Milk.—Nine months. Children from nine months to two years should have about two pints of milk every day in addition to other food.

Barley Jelly.—Ten months.

Rice Jelly.—Ten months.

Oat Jelly.—Ten months.

Oatmeal, Cream of Wheat, Farina and other Cereals.—Eleven months.

Bread and Butter.—Eleven months.

Toast.—Eleven months.

Apples and Potatoes.—At eight months try a taste of the soft part of a baked apple or a floury baked potato with a little butter or dish gravy, if he is doing well, but it is safer to wait till he is about a year. Try a little bit of a ripe apple at about eleven months or a year.

Strained Purée of Green Vegetables.—At about ten months.

Eggs.—At twelve to fifteen or eighteen months try a taste of the yolk of a fresh egg. Try a coddled or lightly boiled egg about fifteen to eighteen months.

Scraped Beef.—Fifteen to eighteen months.

Morsel of Chicken.—Fifteen to eighteen months.

Simple Desserts.—Two years.

Fruit Jellies.—Two years.



I AM A CANADIAN

CHAPTER VIII.

THE BABY'S CHARACTER AND DISPOSITION.

This Baby is a new Person. Never was there anyone just like him in the world before. He needs our best understanding and sympathy to help him to develop his character and disposition and his better self. He has so much to learn. He will learn most of it from his Father and Mother.

The habit of self-control and a serene, happy spirit, which the baby will begin to learn from you very early, is the greatest blessing you can give him. We do not know that there is ever a time when the baby is too young to feel and understand such a spirit.

"Love never faileth." Lay in a great stock of love and patience and trust in God while you are waiting for your baby to grow and be born, and share it with him when he comes.

When the baby begins to talk and express himself, we have a wonderful chance to help him. We can teach him what to say to people and how to think of them.

Give the baby the best and the most affectionate care. Don't let any one else put him to bed. Make him your great study. He is worth it. Never mind other things just now. It is the greatest thing in the world to bring up a baby. Watch for his gifts, and cherish them.

Learning to Live.

Do not be so unkind, first or last, as to let the poor baby suffer for any want of thought or self-control on your part. When you know he is quite clean, warm, well-fed and comfortable, and should be left to have rest, sleep and fresh air, if then still he cries, make sure again that his clothes are not too tight and that there are no pins or strings hurting him, and that he does not need to be changed again. Then give him a little drink of water from a tiny spoon, turn him over comfortably, pat him ever so gently, tuck him up and go away. Don't take him up every time he cries. That is the way to teach him to cry whenever he wants to be amused. He has to learn how to live, just the way you did. Teach him.

Let the baby learn good habits. It is hard to forget bad habits. So the first time you see him sucking his thumb or beginning any other bad habit. make sure that it is the

last. Prevent it gently, but prevent it. There is always some reason. Find out the reason and prevent it.

Further Development.

When the baby is about six months old, development often proceeds very rapidly. But be calm and patient. Keep him quiet and keep quiet yourself. Have nothing to do with "walkers" or anything of the kind. They are harmful. Let the baby crawl and creep and even climb. He will walk when he is ready and that is the only right time.

At six months a baby will perhaps turn and look whenever you call him by name. But do not call him too often. He may even begin to remember, in a way and to show the beginnings of sympathy and real affection.

Professor Tracy tells of a little boy of four months, who, when he wanted a toy that was out of his reach, took a clothes-peg and used it to pull the toy to him. He was beginning to reason.

Paying Attention.

At about eight or nine months the baby may begin to pay an interested attention to some things. Let him alone. Let him help himself. Do not distract his attention, if you

can possibly help it. Do not entice or force him away. That power of paying attention is so important in after life.

On His Feet.

Some where between nine and twelve months he will make an attempt to stand on his feet, holding on by something, and he will walk as soon as he is ready.

Right Hand or Left.

Until the baby is about six months old he will use both hands to do anything. But about the eighth month Professor Baldwin found that out of 80 times, a baby used the right hand 74 times, the left hand 5 times and both hands once. Of course there are exceptions. Have patience.

Play.

Play has a wonderful place in the baby's world. He is repeating, perhaps, the early history of the human race in his play. He is growing, and amusing himself, and developing his brain and body and practising his organs, and learning how to do all the things we do, and he is amusing himself and making himself happy, and developing his character.

Let the baby play, and don't interrupt him.

Talking.

The baby begins to make articulate sounds at about ten or twelve months, says words at about twelve to fifteen months and at about two years can make sentences.

Joyce B. began to say one or two words when she was eleven months old. At thirteen months, when a visitor said "How do you do," she repeated this little sentence and has used it ever since as a salutation. Thereafter she repeated all the words she heard, but of course not with understanding. When she was twelve months she was distressed by a hole in her father's stocking, pointing at it and saying "Ah." She wants to help her mother, and tries to "straighten" her own bed after she gets up.

At fourteen months she could pick out babies, horses and dogs in a picture. When she caught sight of the Ottawa River she said "Bath," and when she looked at a picture of the ocean she said "Bath" again. She does some new thing every day to amuse herself.

Character.

Character building is going on fast now. Some of the foundations are being laid. Be thoughtful. Don't say one thing to-day and the opposite to-morrow. Don't say one thing

and do another. Don't waver. Don't confuse the baby. Go along quietly. You must live the simple, quiet, serene, happy life for his sake, and if you will do that, the baby will make you happy.

The baby takes his Father and his Mother for his model before he can speak. He needs a good model. You will be this for him because you are his one great hope and confidence. Never, in word or deed, deceive the baby. Be truthful.

Be kind. "We can never be kind enough."

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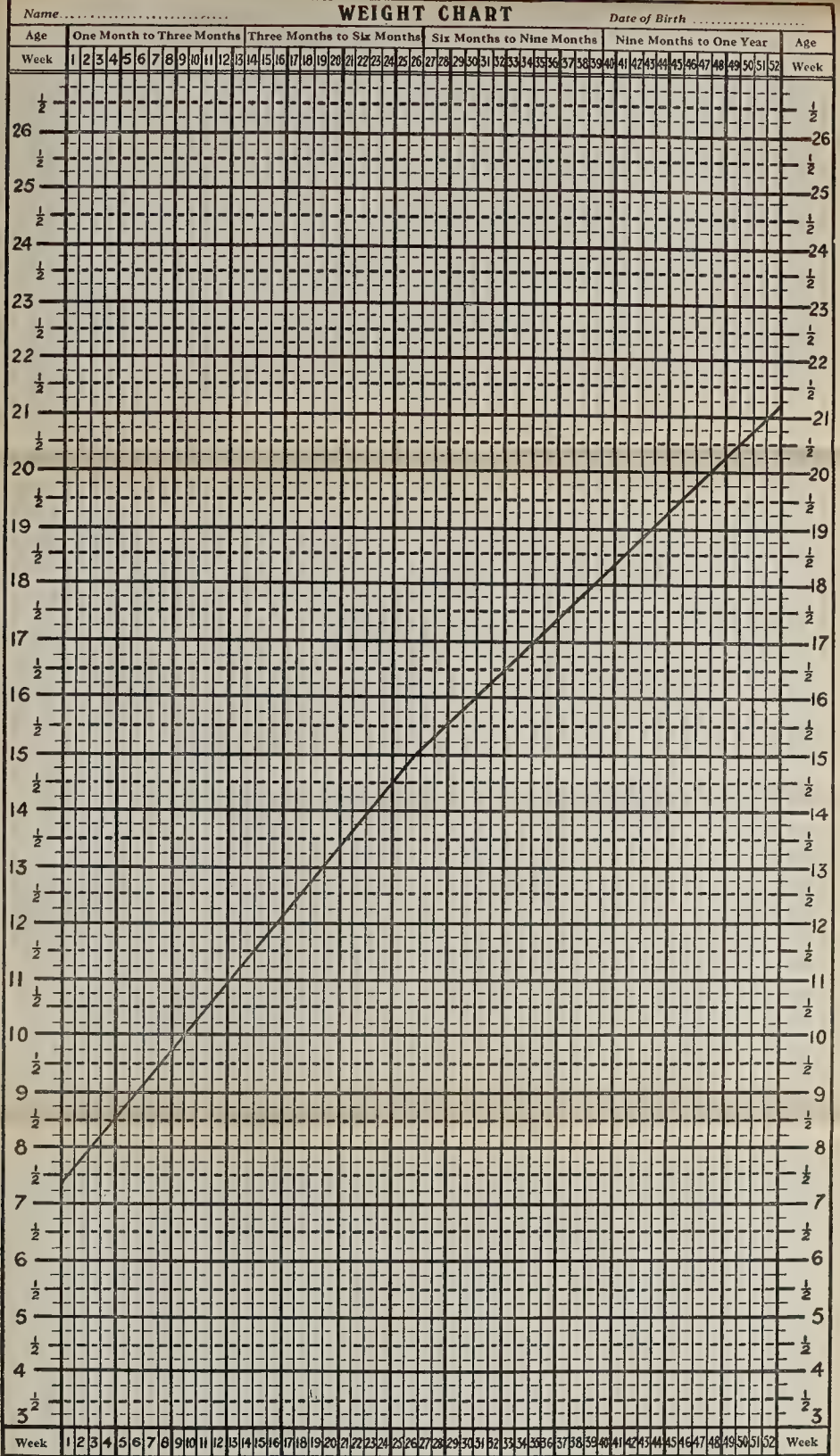
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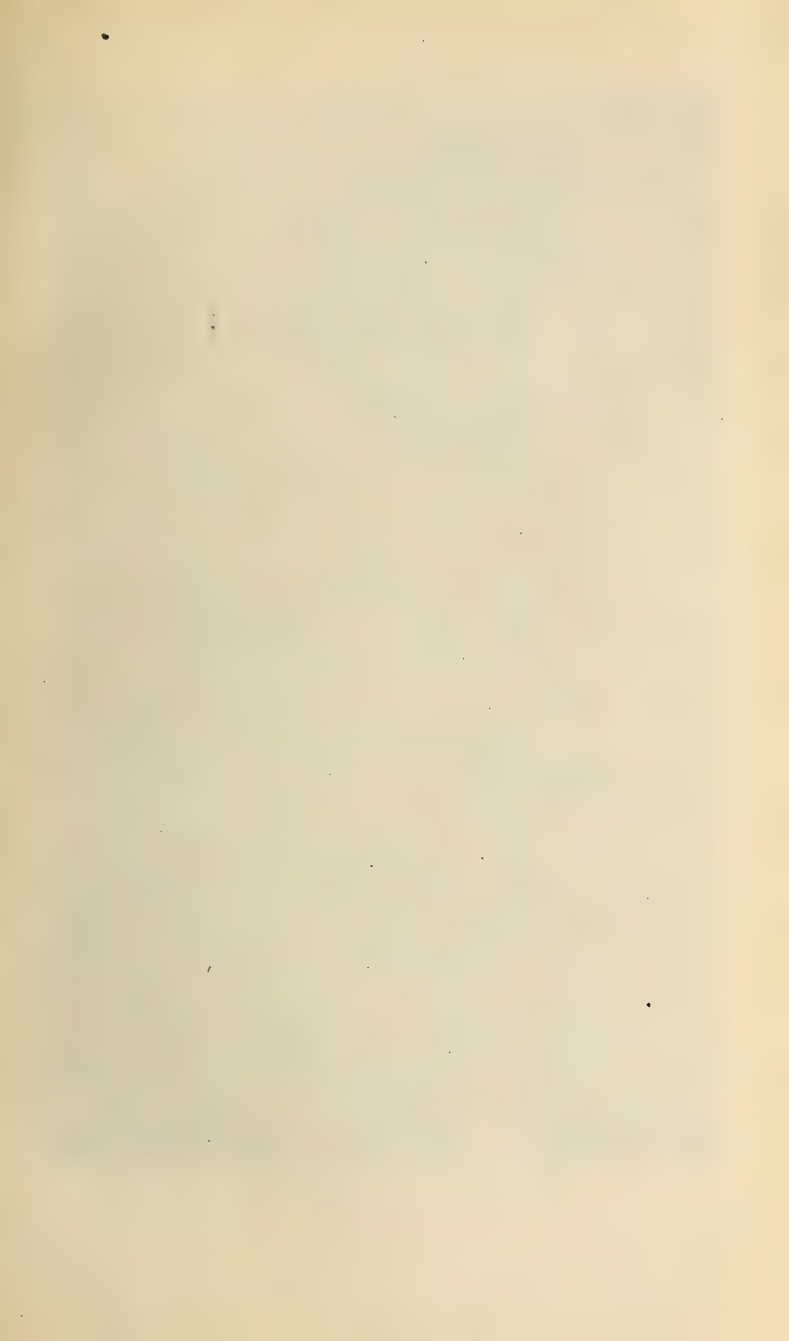
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"I AM HAPPY," SAYS THE BABY

W. J. Turnbull

DOMINION OF CANADA
DEPARTMENT OF HEALTH

HOW
TO
TAKE CARE
OF
THE BABY

BY

HELEN MACMURCHY, M.D., (TOR.)
Chief of the Division of Child Welfare.



THE LITTLE BLUE BOOKS
MOTHER'S SERIES

OTTAWA
F. A. ACLAND
PRINTER TO THE KING'S MOST EXCELLENT MAJESTY
1923

“The smiling baby came to give us glee.”

—*Hartley Coleridge*

“The child is itself a gift, first to parents out
of the infinite, then by them to the eternal.”

“For where e’er the sun does shine,
And where e’er the rain does fall,
Babes should never hunger there,
Nor poverty the mind appal.”

—*William Blake.*

Darwin when asked what he considered the most outstanding characteristic of woman said—endurance. “For,” said he, “what man would carry a baby one mile—yet a woman will carry it all day if necessary.” Now recent experimental work goes to show that endurance though giving no outward sign involves an expenditure of energy.

—*Lady Barrett, M.D.*

HOW TO TAKE CARE OF THE BABY.

"We are expecting one of these at our house any day now."

It was in a railway car about fifty miles west of the town of Z. The speaker was a young man of twenty-four. His two Aunts-in-law, who liked him very much, had told me all about him at lunch that day. They had brought up his wife, and they explained to me in confidence about the state of affairs, laying stress on the shyness of the young husband, so soon to be a father, and saying that he would likely be on the west-bound train that evening because he had been in Z that day and would be going home."

"Please send her 'The Canadian Mother's Book,' " said the Aunts, "but don't say anything to him about it, he is very shy on the subject. They are both so young, you know."

It was the baby in the opposite seat who did it. She was a nice baby. Escorted by her Father and Mother, she was making her journey westward on her first railroad trip, surely.

The Father-To-Be looked at the Baby and the Father and the Mother and watched how they took care of her. They had a pillow with them. And they "turned over" the opposite seat, the way we all do, and placed the pillow

the long way of the seat, and laid the baby on the pillow. She was the picture of comfort. Sometimes she slept, and sometimes she talked to herself, and sometimes she just laughed. After watching her for an hour or so, his shyness must have vanished, for he turned to me and said:

“We are expecting one of these at our house any day now.”

Taking care of the baby is a very important occupation. No Baby....No Nation!

Fathers and Mothers make the Homes and the Homes make the Nation. But the Father and the Mother can hardly make the Home without the Baby to help them.

As in other occupations, a study must be made of this occupation of bringing up the baby. You need to learn the rules and the skill of it. Like every other business, it is simple—when you know.. But when you do not know, it is very perplexing.

Would you like a copy of “The Canadian Mother’s Book.” It is not a big book. You could put it in your pocket, Daddy. It is published by the Canadian Government for every Canadian Mother who wants it. Most of the book is for the Father too, as well as the Mother.

If you take care of the Mother then she can take care of the Baby. The Father is the only one who can really take care of the Mother and the Mother is the only one who can really take care of the Baby. .

Send a letter or post card giving your address and saying that you would like your copy of "The Canadian Mother's Book." Address it this way

O. H. M. S.

Free —

The Deputy Minister,
Department of Health of Canada,
OTTAWA.

No stamp is needed. Post it, and we will do the rest.

This book tells you about taking care of the Mother before and after the Baby is born, and also about how to "Get the Baby Started Right" so that he will be strong and healthy and grow and thrive and be contented and good-natured, and sleep well at night. The rules are very simple, but you must keep right to them.

Taking care of the Mother is the only way to take proper care of the Baby and "The Canadian Mother's Book" is intended to help to take care of them both.

But now about taking care of the Baby.

The Father-To-Be.

The Father's share in taking care of the baby is very important. The future of the Family and the Nation depends on his thrift, industry and wisdom in making a good home and on his kindness to his wife and family.

"Daddy! Are you on the Job?"

Do not let your wife do too heavy work. Help her all you can. When she tells you the Great Secret—take her to the doctor right away to make sure that all is well with her. Cheer her up. If at any time now she is not very well, or is troubled with headache, or any other ailment, be sure she sees the doctor and gets help. He can help her—and he will. Don't let her work too hard.

Dear Mother-To-Be.

The first, best and only way to take care of the baby is for you to take care of yourself. So when you know, or think, that there is to be a baby—your own baby—go to your doctor, or if you cannot afford a doctor just now, go

to the nearest good Hospital or "Clinic" or "Health Centre" and have the advice and care of the doctor and the nurse all along.

This is the greatest and best news that you have ever had. You are to be a Mother. Be joyful and be prepared. You should be well, and if you go to the doctor in time, good care and good advice and prompt treatment of anything that is wrong will prevent trouble.

Do what the doctor tells you. Arrange in good time for a doctor and a nurse, or arrange to go to the Hospital.

And send to us for a free copy of Your Book—"The Canadian Mother's Book." It will help you and answer the questions you want to ask.

THE RULES.

You know how people keep well. Healthy people are the people who every day keep a cheerful heart—and—

1. Eat three meals of plain, simple nourishing food. Meat or fish once a day, plenty of milk, eggs and bread and butter, well-cooked vegetables and green vegetables, oatmeal and brown bread and fruit.

2. Take three drinks of water every day between meals.

3. Keep themselves fit by a walk in the fresh air or other exercise.

4. Sleep from eight to ten hours with the window open, and lie down to take a few minutes rest whenever they are too tired. (During the months just before the baby is born the Mother should sleep in a single bed by herself, if possible.)

5. Save themselves unnecessary fatigue.

6. Dress comfortable and sensibly. No tight bands or garters.

7. Keep the outside of the body clean by a bath and the inside clean by drinking water and going to the toilet regularly at the same hour every day.

8. Keep the house clean, well aired and comfortable.

After the Baby is Born the Mother Should

1. Stay in bed ten days.

2. Do little or no work of any kind till the baby is about six weeks' old and her strength returns.

3. Eat the same good food and take more milk and other fluids.

The doctor should see the Mother again when the baby is about six weeks old to make sure that the Mother is quite recovered and that the baby is all right. Ask your husband and the doctor if the Baby's Birth is Registered and see that it is. IT SHOULD BE.

The Baby's First Lesson.

HOW TO BREATHE.—From out his first home and cradle in the body of his Mother he plunges into the ocean of air—draws his first breath and utters the birth cry. He has breathed and learned his first lesson. He is alive.

The Baby's Second Lesson.

HOW TO NURSE.—The baby knows how to nurse at birth. He needs a little coaxing perhaps and encouragement and teaching and patience, but he knows how, and can do it best within six hours after birth. Be sure he nurses before he is twelve hours old. Then the baby learns his second lesson. He can nurse. He will live and thrive.

THE ONE BEST WAY.

Nursing.

Every Mother can nurse her baby. It is true. It is better for the Mother—easier, cheaper, safer. It is far, far better for the baby. If you nurse him, your baby is almost certain to live and thrive and have good teeth and a good constitution. If you feed him in any other way the chances are against the baby. Nurse the baby. It is the One Best Way.

The Baby's Time-Table.**BIRTH TO FOUR MONTHS.**

6.00 a.m.—Nursing.

Sleeping.

8.30 a.m.—Bathing, dressing, toilet, play.

9.00 a.m.—Nursing.

Sleeping.

12.00 noon—Nursing.

Sleeping.

3.00 p.m.—Nursing.

5.30 p.m.—Bathing, dressing, toilet, play.

6.00 p.m.—Nursing.

Sleeping.

10.00 p.m.—Nursing.

SLEEPING—22 hours.

FOUR MONTHS TO NINE MONTHS.

6.00 a.m.—Nursing.

Sleeping.

9.30 a.m.—Bathing, dressing, toilet, play.

10.00 a.m.—Nursing.

Sleeping.

2.00 p.m.—Nursing.

Sleeping.

5.30 p.m.—Bathing and dressing, toilet and
play.

6.00 p.m.—Nursing.

Sleeping.

10.00 p.m.—Nursing.

SLEEPING—20 hours.

Keep Right to the Time-Table.

It gives the baby a good start in life, with good habits of eating, sleeping, bathing, toilet and recreation. Watch him Live and Thrive. Regular habits are Best for the Baby.

Water.

From the first the baby should have a little boiled water from a tiny spoon two or three times a day. He needs a drink of water as much as we do.

Babies from about one month old may have a little sweetened, strained juice of fruit, such as oranges or peaches or apples, once or twice a day. Tomato juice is also good.

The Baby's Bath.

The baby needs a bath every day and then a partial bath again after the 6 p.m. nursing. The room should be warm—about 70 or 75 degrees for a new-born baby and about 65 to 70 for a six months' baby. The water should be about 100 degrees at first and about 95 to 90 degrees when the baby is six months old.

Always keep the baby perfectly clean and let no unclean thing touch him. When changing the diaper use good white soap and warm



BATHING THE BABY

W. J. Turnbull

water to cleanse the parts of the body covered by the diaper, then dry gently with a soft towel. Do not rub. Do all this most gently. Then apply a little white vaseline. It is better than powder.

The Cord.

Do not wet the cord when bathing the new-born baby. Powder it well with boric acid powder and dress with a piece of clean gauze. Old linen scorched over a flame will do instead of gauze. The cord will drop off in about eight days. Then care for the little scar just the same way.

The Baby's Clothes.

The baby's clothes should be warm, simple, loose, soft, light, washable, clean.

Blanket—Old, soft, clean. To receive and wrap baby when born.

Bands—Three; these are 6 inches wide and 27 inches long, made by tearing up $\frac{3}{4}$ yard of soft, light-weight flannel to the right size. Do not hem.

Knitted Bands—Three; with shoulder straps above and a tab below.

Nightgowns—Three; soft, lightweight flannel

Undershirts—Four; knitted or woven, with long sleeves, made of wool, wool and silk or wool and cotton, and with a tab to pin to the diaper.

Petticoats—Four; soft lightweight flannel. Cut long and in one piece with wide shoulder-strap and, if you like, small box-plaits.

Dresses or "Slips"—Six; white cotton or soft muslin.

Diapers—Four dozen; soft, absorbent, easy to wash. Size: 18 to 22 inches square.

Bootees—Three pairs.

Stockings—Three pairs, to be pinned to diapers.

Knitted Jacket—One. For use in house.

Shawl—A thirty-six inch "Square" of flannelette or baby-flannel makes a good shawl for a new-born baby. A white silk ribbon binding looks pretty. Fold it round the head and shoulders to protect the eyes from too much light and to keep him warm. New babies all like to have their heads covered. The world is too big for them at first.

Coat and Hood for outdoors—Coat made long to turn up and button at the bottom. No sleeves. Like a sleeping-bag.

Mittens—1 pair, white woollen.

This outfit will last for a year.

That's All Right.

Now don't feel badly for one minute if you cannot give your baby all these things. If you nurse him and keep him warm and clean and dry and happy you are a Good Mother to him. You are doing fine.

Diapers you can wash out easily are the best. Have a good supply of diapers. Never use a soiled diaper again before washing it. Cleanse, wash, and boil them before drying and ironing.

For the Baby's Bath and Toilet.

Foot-bath or baby's bath.

Soap, white Castile, 2 cakes. Use one cake for a pin-cushion.

Boric acid powder, one pound.

Sterile gauze, quarter pound (or thin, old linen boiled).

Sterile absorbent cotton, quarter pound.

Safety-pins, two dozen, large and small.

Bath towels, two large, old and soft. One

Turkish towel.

Towels, two, old and soft.

Squares of cheesecloth for wash-cloths.

Sterilized.

Medicine-dropper, one.

Tooth-picks, one package.



BROTHER TAKES CARE OF BABY

Glass jars, four, with covers, to hold tooth-pick swabs, swabs for eyes, boric acid solution, oil.

Boric acid solution is made by adding a teaspoonful of boric acid powder to a pint of boiling water.

Swabs are made by twisting absorbent cotton tightly round the end of a tooth-pick, or by twisting a small piece of absorbent cotton with your fingers till it is a small ball with a little "handle."

You can always sterilize things by boiling or baking them.

Light, Air, Sun.

Just what the baby needs. In his own room, if you can. If not, in a quiet room. In warm or fairly mild or sunny weather the baby should be outside.

The Baby's Bed.

Never let the baby sleep with anybody! A big basket with a folded blanket for a mattress and little sheets and then a knitted blanket or comforter for a cover is right for the first year.

Play and Exercise.

Twice a day, remove some of the clothing and lay the baby on a blanket spread over a big bed, to kick and play and amuse himself. Play

with him gently. You and Daddy should take him up in your arms once or twice a day besides the times when you feed him. He likes it and gets to know you.

Baby's Eyes.

Sore eyes in a little baby are very dangerous. Get the doctor this minute.

Nursing and Feeding.

As soon as the teeth appear, he should have something to try them on—such as a crust of bread—or a chicken bone. But watch him carefully when you give him these things. Don't let him choke himself. Stay beside him.

So at nine months he is ready to begin the change from nursing to feeding, called "Weaning." This must be done slowly and gradually. It is a very important event in the child's life. You really began to feed him when you gave him boiled water from a tiny spoon soon after he was born. Then he has had a few drops of sweetened strained juice of a sweet orange, sweet apple or prunes, diluted with boiled water, since he was a month old. This may be increased to a teaspoonful at three months and a dessert spoonful at six months. When the baby is over twelve months, he may have a tablespoonful or more twice or three times a day. The strained juice of other fruits,

or of a ripe tomato, may be given at six months. Give fruit juice between nursings.

To Prepare His First Feeding.

Scald out a large cup and put in about six ounces of the best, clean, bottled, pasteurized milk, four tablespoonfuls of boiling water and a small spoonful of white sugar and feed him with the same tiny spoon you have used all his life so far to give him water.

Later on, when the baby is weaned, it may be more convenient for you to prepare the milk for all his five feedings at once. You only need about forty ounces, for now the baby is beginning to eat other things. Take thirty ounces of whole milk, ten ounces of boiling or boiled water. Then pasteurize the milk if it has not been pasteurized already. Keep covered, cool and clean, and add the teaspoonful of sugar to each meal just before you feed the baby.

Milk—the Indispensable Food.

Milk is the indispensable food for children. They cannot do without it. The cow has been well called "the foster mother of the human race." Little children must have milk to enable them to grow properly. No matter what it costs, milk is still the cheapest food for

children. Children from nine months to two years should have about two pints of milk every day in addition to other food, and it is really a mistake to give them any less till they are about twelve years of age. Three large cups of milk a day is the very least they should have.

Milk Should be Pasteurized.

All milk should be pasteurized. Pasteurized milk should be used within 24 hours after pasteurization, and should be kept cool (40 deg. Fah.), clean, and covered. No other is safe for babies. Ask your medical health officer where you can get pasteurized milk in bottles. If you cannot buy pasteurized milk, you can pasteurize the milk yourself quite easily. Put your pint bottle of milk into a pot or pan of cold water. See that the bottle is almost covered by water. Heat the water to 145 degrees Fah. by the thermometer and let the milk bottle stay in that hot water for half an hour. Or if you have no thermometer, bring the milk nearly to the boiling point. That will make it safe if you give it to the baby as soon as it is cool enough.

Covered, Cool and Clean.

After being pasteurized the milk should be put at once in your ice-box and kept cool, and

it must always be kept covered so that no dust or dirt can possibly get into it.

Feeding the Baby.

MATERNAL NURSING IS THE ONE BEST WAY
FROM BIRTH TO NINE MONTHS OLD.

Nine Months.—Little children must have *Milk* to enable them to grow properly. No matter what it costs, milk is still the cheapest food for children. Children from nine months to two years should have about two pints of milk every day.

Ten Months.—Strained purée of green vegetables. Barley Jelly, Rice Jelly, Oat Jelly.

Eleven Months.—Oatmeal, Cream of Wheat, Farina, and other cereals. Bread and Butter or Toast.

Twelve months.—A taste of the soft part of a baked apple or a floury potato with a little butter or dish gravy may be given when the baby is about eight months old, if he is doing well, but it is safer to wait until he is about a year old. A little bit of a ripe apple may be tried cautiously.

Fifteen Months.—Try a little of the yolk of a fresh egg—perhaps as early as twelve months. Then try a coddled or lightly boiled egg.

Fifteen to Eighteen Months.—At from fifteen to eighteen months he may have a little scraped beef or a morsel of chicken. Also good stewed fruit and a taste of a fresh ripe peach.

Two Years.—Simple desserts and fruit jellies with cream and sugar.

Diet For The Nursing Mother.

Eat the food you are used to. Do not eat anything that you think might give you indigestion. Do not eat too much at any one meal. Eat meat or fish once a day. Eat plenty of vegetables and fruit and good wholesome food.

Drink three glasses of water every day between meals.

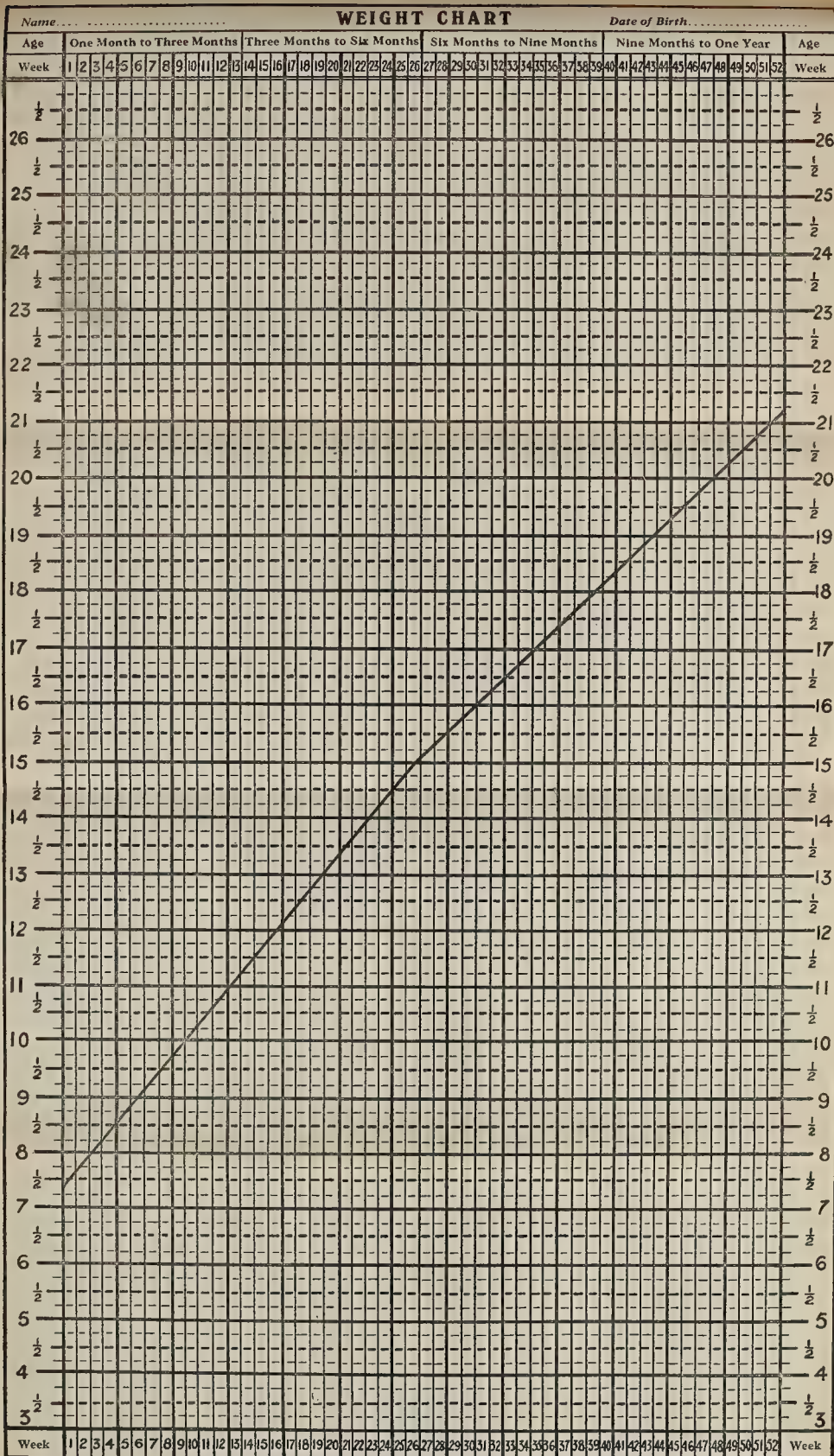
Drink all the milk you can. Sip it slowly.

Do not drink strong tea or coffee.

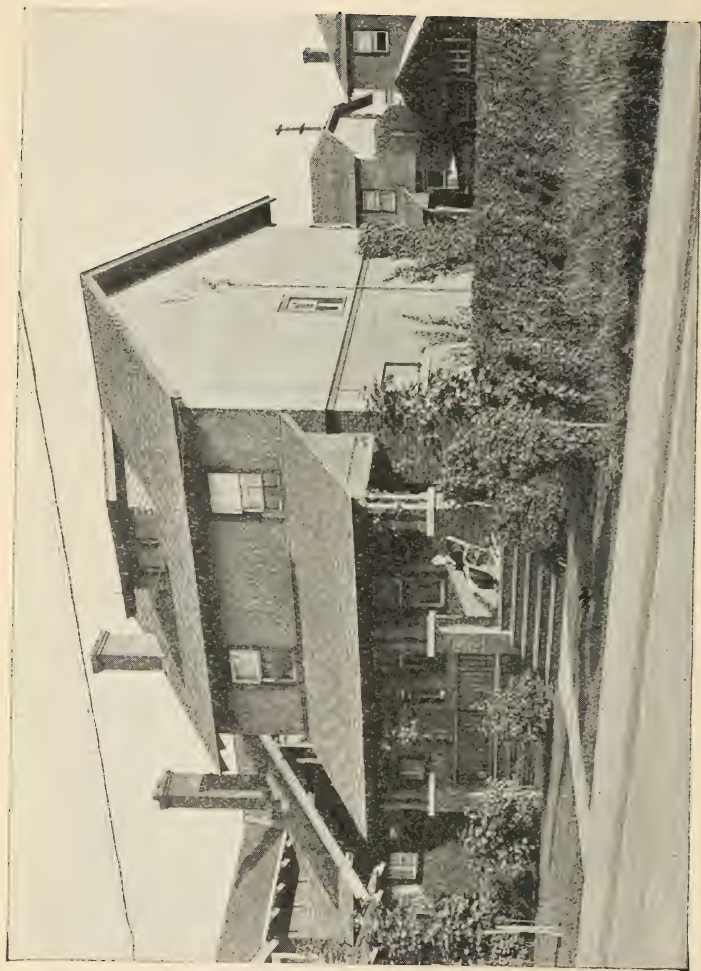
Never drink stimulants.

Exercise.

Take on your regular house work gradually and lie down twice a day to rest for ten or twenty minutes. Take a walk out of doors every day. Fresh air is good for you and your baby. Keep your windows open. Do not do heavy work, nor too much work. Take care of yourself.



Adapted from the copyrighted chart published by the National League for Health, Maternity and Child Welfare, London, England. Reprinted by permission.



Sun, Air and a Short Morning Rest. Courtesy of the Canadian Government Motion Picture Bureau, Ottawa.

DOMINION OF CANADA

DEPARTMENT OF HEALTH

HOW TO TAKE CARE OF THE MOTHER

BY

HELEN MACMURCHY, M.D., (TOR.)
Chief of the Division of Child Welfare



THE LITTLE BLUE BOOKS
MOTHER'S SERIES

Ottawa
F. A. ACLAND
PRINTER to the King's Most Excellent Majesty
1923

“A little lower than the Angels.”

—*The Book of Psalms.*

“Her children shall rise up, and call her blessed.”

—*The Book of Proverbs.*

“She is always busy being a Mother.”

—*Ida L. Webster.*

“A mother is only an ordinary woman, and yet she needs the love of Jacob, the patience of Joseph, and the firmness of Daniel.”

—*Anonymous.*

“She has a continual spring tide of strong and generous feeling. She always puts me in mind of the well of waters springing up unto everlasting life . . . her heart . . . is full of genius.”

—*Erskine.*

“If the new schemes afoot, from which we hope so much, are to be successful, that important factor in the whole matter, the mother, must be the first consideration. The mother does not exist for the municipality, the medical profession, or the nurse; they exist for her, and they must remember it.”

—*Maternity and Child Welfare.*

HOW TO TAKE CARE OF MOTHER

YOU know you will have to take care of yourself, Mother Dear. If you cannot take care of yourself, you cannot take care of your home.

The Mother's good health is a very precious thing. The happiness and success of the home depend so much upon her health. And health depends on a few simple things, such as:—Sun, Air, Water, Food, Work, Rest, Recreation, Exercise, Comfort, Courage.

Of course other things, such as clothing, are important too. Health is largely a matter of habit and good common sense.

“Good Morning, Mother. You haven't a headache, have you?”

Of course you haven't, for last night you left the bed-room window open a wee little bit. It was zero last night. Sometimes it is zero in winter and that is one of the things that make us Canadians what we are.

Food

Pay even more attention to your own food than you do to the food of your husband and children.

Because—first of all, you always know what there is for dinner! And that spoils your appetite a little.

An Invitation

The cure is to have a meal occasionally out of your own house. Your husband will invite you to lunch somewhere. Your neighbour will ask you out to tea. And as soon as Mary is old enough (about ten or twelve years old) she will take charge of tea on Friday night, or on Saturday night, or on Sunday night—or on all three—and you won't know at all what there is for tea.

Your Tastes

Secondly, you have thought about other people's tastes so long and so hard, that you scarcely know what you do like yourself. Now! Now! If you like parsnips, have them—and let the others have their turnips if they want them. If you like canned corn—can it. How good these home-grown, home-canned, home-cooked vegetables are. The Women's Institutes know how. Write to that friend of yours, the Superintendent of the Women's Institutes or the Cercle des Fermières or the Home-Makers' Clubs, or the Home Economics Clubs—which-ever it is—at the Parliament Buildings at

Halifax, or Fredericton, or Charlottetown, or Quebec, or Toronto, or Winnipeg, or Regina, or Edmonton, or Victoria and she will send you all the information you need, so that you can have what you like, as well as what your family like. Keep your individual tastes. Take an interest in your own meals.

Another Friend

You have another friend who takes a great interest in you in the Women's Department of the Agricultural College at Truro, N.S., or at Macdonald College, P.O., Quebec, or at Macdonald College, Guelph, Ont., or at Manitoba Agricultural College, Winnipeg, or at the Women's Division in the Department of Agriculture of the University of Saskatchewan at Saskatoon, or in the University of Alberta at Edmonton or in the University of British Columbia at Vancouver. She knows a great deal about foods and menus and meals and canning and calories and vitamins and all these things. She has some good pamphlets and recipes that she would be glad to send if you asked her. Write to her. She will be glad to hear from you. Her address is given above, and her name is "The Superintendent" or "The Professor of Home Economics," whichever you like.

Your Husband

The tea-pot, the sugar-bowl and the milk pitcher screen your plate from sight and sometimes you do not eat much, and nobody knows. The baby beats the drum upon the tray of his high chair with a spoon and must be fed, and Ex-baby No. 1 has been appeased with a bowl of bread and milk and Ex-baby No. 2 has had her meat and potatoes carefully cut. Your own dinner might have got cold. But you have a Real Husband. He is not going to have his wife neglected. He knows how to cut the piece of roast beef she likes. She likes the outside piece. He arranges the potatoes and gravy artistically on her plate and finds a clean pot-cover to cover it and puts it to keep hot over the lower part of the double-boiler or over the tea-kettle.

Now don't try to deceive him by telling him you are not hungry!

You never know till you try, and then—"Why! How good it tastes!"

Meantime he eats his own dinner, supervises Ex-baby No. 1 and Ex-baby No. 2—one on his right hand and the other on his left—brings mother's plate when the right time comes—says:

"Don't hurry, dear—I will take the baby a few minutes till you finish, and then I will bring the pie."

Take Your Share

That's all right. But what we are afraid of is that you will use the tea-tray to camouflage your position so that everybody gets better fed than mother, and she deprives herself that they may get more. Don't do that. It is not right. For their sakes, as well as for your own, you take your fair share of good wholesome food—take time and trouble to eat it carefully, slowly, and with interest and enjoyment. Keep your self-respect, if you want to have the respect even of your nearest and dearest.

Do you want them to grow up selfish, thoughtless, tyrannical, greedy? That is what happens when the mother is too unselfish.

Weight

Daddy wants to know what Mother's weight is. Here is what it ought to be.

IDEAL WEIGHT FOR WOMEN AT AGE OF MATURITY (30 Years)

Height	Pounds	Height	Pounds
4 ft. 8 in.	112	5 ft. 5 in.	134
4 ft. 9 in.	114	5 ft. 6 in.	138
4 ft. 10 in.	116	5 ft. 7 in.	142
4 ft. 11 in.	118	5 ft. 8 in.	146
5 ft.	120	5 ft. 9 in.	150
5 ft. 1 in.	122	5 ft. 10 in.	154
5 ft. 2 in.	124	5 ft. 11 in.	157
5 ft. 3 in.	127	6 ft.	161
5 ft. 4 in.	131		

(Association of Life Insurance Medical Directors, U.S.A.)
Quoted by Mrs. Frederick in *Scientific Management in the Home*.

Don't Spoil the Family

The too-unselfish wife and mother spoils her husband and children. What is fair is fair. Do what is fair and right about your food. There is nothing wrong in taking an interest in food, studying it, talking about it, and giving it a proper place in personal and home life. But do not let the family forget that we eat to live, we do not live to eat. Don't let the children take their meals for granted, as if meals grew and were not made. Until they help their Mother and Father and know something of what "Father", "Mother" and "Home" mean they will never be good Canadians.

Air

Next to food comes air. The oxygen in the air is our most important food.

In a little house, in very severe weather, when there are no double windows, and your windows are frozen up, what shall we do? Thaw them out with hot water.

Prevention is better than cure. Never let them get frozen up.

The Window Towel

Before it gets too cold, have at hand a piece of strong coarse dry cloth. Roller towelling will

do. Just the thing. And before it gets very frosty take your dry towelling, fold it once or twice, lift your window sash, lay the towelling so that it covers the window-sill, inside and out, and then lower the sash to rest on the towelling. The window will never freeze. You can always open your window. And some air will enter through the towelling and between the sashes.

But have double windows, if possible—storm windows—with a good ventilator in the outside window. You must have fresh air.

Open the Windows

Of course in summertime our windows are open wide and as a rule they are never closed while we sleep in winter unless the window fits so loosely that you can feel a current of air blow over your fingers when you put your hand on the window-sash. That current will supply ventilation in very cold weather. But far better have the window fit well and open it as required. In very severe weather a current of cold air is often felt near a tight-fitting window. This is not fresh air and does not ventilate the room.

After breakfast and after dinner are good times to air the house. It does not take long if you open the doors and windows at once and let the air come in and out quickly. Flush out the

house with fresh air twice every day. Keep the air moving. Stagnant dead air slowly but surely kills people.

But you, Mother Dear, must also get out of the house every day. It is a very nice house, for we built it ourselves, but you must not stay in it all day. You must have sun and air.

Outdoor Air

The cellar air will come up into the house; you cannot prevent it. Your cellar is clean and tidy and dry. No one ever smelt decaying vegetables when you opened your door.

But, all the same, indoor air, especially cellar air, is never like outdoor air. You must go out every day to keep your good health, even if you only walk around the city block before the lamps are lighted, or across the park, or to the barn to see the new calf, and then take a little walk—or gather the eggs, having first gone up the little hill to where you can see your neighbour's smoke rising blue in the clear air—or the winter sunset making a glory over the western half of the township. How glad you are that there is a view on your farm. Have some windows in your house that show the sunrise and the sunset. These are fine views.

Air means outdoor air—letting the outdoor air into the house and going out to get a daily supply of outdoor air into your lungs. When you come back, if you notice the house at all close or stuffy, then air it again before you take off your wraps.

Never stay in the house all day unless you want to lose your good health and your good looks. If you want to be well and fairly energetic and look young and pretty and have rosy cheeks—go out every day.

Water

What is the largest organ in the body? The Liver? O, No. The Skin is the largest organ in the body and none is more important. What keeps it up to its work? Water. The five minutes you spend in the morning washing yourself off rapidly all over and five minutes more rubbing yourself dry and ruddy all over, will do more for your health than you know! You could not possibly put ten minutes to a better use.

The Bath

You haven't a bath-room? Never mind, you can do without it until you can get it. (But get

it as soon as you can.) Florence Nightingale said you could take a bath if you had only a cupful of water.

Your Room

You haven't a room to yourself? I am sorry—but you don't absolutely need it. (Get it as soon as you can—a little dressing-room will do). You have a screen. Good. Just put the screen round the washstand with room for you next the washstand, and there you are. Bathe quickly and use the towel thoroughly. That is good for the skin and complexion. Don't hurry too much. Rise in good time. Never neglect the call of nature to go to the toilet at a regular time every day. Take your time.

The Health Drink

Not only your skin, but your "Department of the Interior" needs water. Take three drinks of water a day, hot or cold as you prefer. Before breakfast, in the middle of the morning, and in the middle of the afternoon—a good cupful each time. How do you expect the miles of roads, tunnels, drains, food-routes, tubes, telegraphs, nerve-exchange stations and all the rest of them that are inside your body to be kept clean with-

out water? Three drinks a day, exercise, proper diet, and proper, punctual attention to the daily duty of the toilet will prevent constipation.

Work

What is the difference between work and drudgery? Work has a vision and a reason and a reward. Drudgery has none of these. No vision. No reason. No reward. Perhaps most often because we do not see the vision nor understand the reason nor recognize the reward. No household drudgery in Canada was ever equal to the mud and filth and vermin of army life drudgery, where sleep was a luxury and not a necessity and where cleanliness was impossible till rest billets were reached. But there was a vision of the real meaning of life—there was an understanding that it was for Peace, Honour and Freedom they were fighting in the trenches and there was a reward where no reward was asked and which words cannot tell.

The Mother's Work

The mother's work is of the same kind. She is giving herself for others. She is making the home where the love of Peace, Honour and Freedom grow. It was to make such a home

possible that the Warriors, Known and Unknown, fought and died.

Her husband and children are healthy and happy. Little Tommy's sturdy legs; two-year-old Sister, so clean and rosy as she rises from her afternoon nap; the little house and fireside so neat and tidy and pretty—the quiet comfort of home life, with the non-essentials left out, so that we live and not drudge—these are so satisfying and so interesting that while work is plenty and pretty constant, it is not drudgery. If you won't work you can't expect to be happy, but you must take an interest in your work if you want it to be interesting.

Special Times

There are special times when the mother's health has to be considered very carefully. There is some house-work she should not do at these times. Her work has to be lessened and lightened. Happy is the husband who can say that his wife is really better and stronger now than when she was a girl. There is no human being, not even a father or a mother, who can do as much for another human being's good health as the husband can do for his wife's good health. The doctor is often able to help the husband to do this. When the mother is about forty-five

or fifty years old and the family are all grown-up, there come other special times when the doctor can help. Sometimes the Mother needs a day in bed and then perhaps Daddy sends for his Sister and she takes on the house for a day.

Rest

Don't forget to sit down and don't stand when you can sit. And don't work all the time. Take a break and a pause in the morning's work. Clear up as you go along. Confusion makes you tired.

When you take off your morning dress after dinner, lie down a few minutes and take a rest. Then put on your afternoon dress and sit down.

Never keep on working all day. In the evening everybody should help to finish the dishes and "clear-up" so that the family may sit down together to enjoy each other's company, read aloud from books, papers, or magazines, or read to themselves, or play games or have some music.

Sleep

Are you going to get up to-morrow at five-thirty a.m.?

Then go to bed by nine o'clock.

Mother needs nine or ten hours sleep.

Everybody Helps Mother

Bring up the children to help you. Let them put away all their clothes, tools, newspapers, toys, books, and everything else in the right place as soon as they are old enough, that is, as soon as they begin to play with toys or read books. In some families Mother's work is almost doubled because "everybody leaves things round." Teach the little children to help Mother and show that you appreciate their help. It is the joy of their lives to Help Mother. The division of labour is a great principle in the home. "Everybody Helps Mother." That is the Canadian way.

The Mother's Family

Expect great things of your family, Mother Dear. They will come pretty close to the mark you make for them. They will try hard to reach the goal you set for them. Of course you won't be too particular, will you? If you are very polite to them and expect them to be very polite to you they will be polite. "Company manners" are the worst manners in the world. Good home manners are the only kind worth having—they never wear out.

Recreation

“ I have not done anything nice to-day,” said a lady. What a mistake. Mother never says that. She always does something nice every day. There is a wonderful pleasure in work, especially in organizing and planning work, and in doing it well. But Mother plans to do something every day that is not work. An interesting book—a walk—a visit to a friend—a new pair of gloves—some flowers planted or gathered—a little plan—a new regime started in some department of the house—all these are stimulating and change her thoughts, and that is recreation. She always has something ahead of her, this Mother Dear. She does not let her life become monotonous. She finds something every day to lift her mind and heart.

Sun, Air and Exercise

Her work is arranged so that she can get out in the morning or afternoon. She goes out in the sun whenever possible for the sun gives health. Mother does not work all day. A walk in the fresh air is good exercise and rests her more than it tires her. She comes back looking better. She owes it to herself and to her family to take some time off.

We should not give up any exercise that we enjoy. Young middle-aged people like ourselves are exercising more now than formerly. The chest, arms and shoulders need regular exercise, such as the simple "Extension Exercises" taught in schools, in the Y.M.C.A., the Y.W.C.A. and the Cadet Corps. The military "physicals" are much the same. Choose the simplest ones. Swinging light Indian Clubs is good exercise for the chest and arms and Mary is old enough now to do this with Mother in the mornings. It only takes about five minutes, when you are partly dressed after your bath.

Carriage

Half-way between exercise and comfort come questions of carriage and posture. Look at the next twelve people you meet, and you will be fortunate if you see half of them standing or walking in an erect and comfortable way. Perhaps not one is carrying himself or herself really well. What about you? Go and stand for a moment with your face to the wall, so that the toes of your shoes touch the base-board. Your feet are at right angles to the wall, and your chest touches the wall. Does your abdomen touch the wall too? If so, draw yourself up and

stand straight. You will find that while your chest still touches the wall your abdomen does not.

Sit Down

So far, so good. Now sit down and see if the lower part of your back is right against the back of the chair when you sit erect. If so, your posture is comfortable and correct.

Most people sit and stand with the upper part of the body—the chest—sunk too far back and the lower part—the abdomen—thrust too far forward. This position does you harm. It spoils the muscles and ruins their strength to let them sag that way. Breathing is interfered with because the lungs are squeezed instead of free, the stomach is pressed down and protrudes, and circulation cannot go on well because the arteries and veins are interfered with by the muscles which should support them. The muscles of the abdominal wall become lax and cannot perform their duty of supporting the organs and giving them room. The muscles of the back are strained, causing fatigue and back-ache.

Go and lie down and let every part of your body relax and rest for ten minutes. Then when you get up you can lift up your head and chest, sit or stand erect and be comfortable.



Afternoon.

W. J. Turnbull.

Wasted Strength

A great deal of strength is wasted because we do not stand properly. We tire ourselves for nothing. We could accomplish twice as much with less fatigue if we remembered to stand properly. The head should be held up, the chest high, the shoulders back so that there is a central curve from shoulders to backbone, and the abdomen should not protrude.

Bending

There are two places where we can bend the body with ease and comfort and with little or no fatigue—the hips and the knees. Don't wash or work with your shoulders and waist. The great secret is to have the table or sink or bench or tub or whatever you are working at, the height which suits you. Nearly all of them are too low. If they are made the right height then the arms and legs can save the back as much as the head can save the heels.

Comfort

Never attempt to work in an uncomfortable or tiring position.

Make yourself as comfortable as possible at your work, and indeed at any time. You can do more and do it quicker and better. Take time to make your body and mind comfortable.

Courage

There is a peace of spirit to which no one has a better right than Mother. She, with the Father, does the greatest work. The rest of us are working away too,—on the farm, in the mine, the factory, the shop, the school, the Government office or somewhere else. But all we really do is to help the Father and Mother—growing their daily bread, mining their coal, making their clothes, selling their supplies, teaching their children, governing the country of which their homes are the foundation and the glory.

That peace of spirit is essential to home ideals. Mother must not be hurried, worried, driven or oppressed. Worry is one of the greatest enemies of health and happiness. She must possess herself and have the courage and faith which remove mountains. She must have a serenity of spirit of which nothing can rob her. And this it is more than anything else that we need to remember when we try to take care of Mother. Don't let her work too hard. Give her her rightful place.

Make her happy. The heart of the Mother is the centre of the charmed circle of Home.



The Canadian Government Motion Picture Bureau.

DOMINION OF CANADA

DEPARTMENT OF HEALTH

HOW
TO
TAKE CARE
OF
THE CHILDREN

BY

HELEN MACMURCHY, M.D., (TOR.)
Chief of the Division of Child Welfare



THE LITTLE BLUE BOOKS
MOTHER'S SERIES

OTTAWA
F. A. ACLAND
PRINTER TO THE KING'S MOST EXCELLENT MAJESTY
1923

"I saw this day sweet flowers grow thick—
But not one like the child did pick.

I heard the packhounds in green park—
But no dog like the child heard bark.

I heard this day bird after bird—
But not one like the child has heard.

A hundred butterflies saw I—
But not one like the child saw fly.

I saw the horses roll in grass—
But no horse like the child saw pass.

My world this day has lovely been—
But not like what the child has seen."

—*William Henry Davies.*

"Don't let your son's schooling interfere too much with his education."

—*Mark Twain.*

"It is a great folly to heap up wealth for our children, and not to take care concerning the children for whom we get it."

—*Jeremy Taylor.*

"No artist work is so high, so noble, so grand, so enduring, so important for all time, as the making of character in a child."

—*Charlotte Cushman.*

"The ideas of little children are very limited. They are not always very ready to recognize the claims of "gutter children" or outsiders. The story of home life is the story of the growth of the child and the training of his capacity for taking the whole world into his heart; and Jesus has done that with men and women, who are harder to teach than little children."

—*T. R. Glover.*

"Some day the world will need a man. I stand beside his cot
at night

And wonder if I'm teaching him, as best I can, to know the right.
I am the mother of a boy—his life is mine to make or mar,
And he no better can become than what my daily teachings are.

There will be need for some one great—I dare not falter
from the line,

The man that is to serve the world, may be your little boy
or mine."

"Almost everyone feels that he has something to say to, and of, a little child, and there are few people who do not bear a kind expression of face when looking at children."

" . . . After all, the child is a personality, and as such has an individuality of its own locked up inside it. We do not make the human being, we only live alongside of it, for our own good, as well as for its good; and even if we do not always quite understand, our steady love and steady holding on to what is straight, and right, and good for the child generally, makes an atmosphere in which it can thrive, and eventually brings to us the joy of companionship and of friendship of the best kind."

—*Mrs. A. H. D. Acland.*

HOW TO TAKE CARE OF THE CHILDREN

“ You sleep upon your Mother’s breast,
Your race begun.

A welcome, long a wished-for guest,
Whose age is one.”

Human beings are first born and then made. The parents do more than anyone else to make—or mar—the character, conduct, health and therefore the life and happiness of the child and future citizen. Love, wisdom and patience can have no greater sphere and no greater reward than in the nurture and care of children. Our children will be what they are born to be and what we make them.

Mother was married when she was about twenty-two, and the baby was born when she was twenty-four. But she looked nearly as young when her last baby was born as when her first-born came.

“ Sometimes I fancy I would like to have a baby,” she said on her thirty-fifth birthday.

“ Grandmother was married when she was eighteen and her children did not come too fast, and she had just as many sons and daughters as Queen Victoria had.”

Being a Mother is Big Business

Father knows that being a Mother is Big Business. I think Mother taught him that after they were married. So Father gave her half his business income for herself and the home as soon as they were married, and by and by he gave her a bigger half because there was the baby and because she was such a good manager. He did not spend all his half of the income and neither did she. They both saved some of it.

Being a mother is the highest of all professions and the greatest of all undertakings. Nothing that she can know is useless to a mother. She can use it all. The mother reports for special duty about 250 days before the baby is born and she is never demobilised until she meets the Bearer of the Great Invitation. Mother, at ninety years, is Mother still.

Mother takes care of us all, and she takes care of herself so that she can take care of everybody else. Mother was very clever and one of the cleverest things about her was that she thought so much about the future as well as the present and that she realized how people in this world have to live and work in and with their bodies. So she never forgot to take care of her body, nor of her mind either. She never

did anything for the children that they could do for themselves. She knew they loved doing things.

Three Kinds of Children

There are three kinds of Children—Babies, Little Children and Big Children. When a baby nurses for the last time at the mother's breast, he or she ceases to be a baby and begins to be a Little Child who can walk and talk. When they go to school Little Children begin to be Big Children. Eight years old is soon enough. When they are thirteen, fourteen or fifteen, (I hope they don't leave school yet), they are not children any more but "Young Persons."

It is the babies and little children who need care most. If they grow strong and healthy then they likely have health and strength for life-long possessions.

Beginning to Talk

It is a wonderful time when children begin to talk. With a great rush an increased power to think comes to them, and one of the hard things for little children is that their ideas and wishes and wants and ambitions are too big for them to put into the few words they know, and

yet they do not understand grown-up people's words. So they sometimes get cross. Have patience with them and try to understand them. Do not interrupt their occupations if you can possibly help it.

Beginning to Learn

The body and the mind and the soul of each child need care and feeding. The children have to learn how to live and how to love and how to be clean and how to be clothed and how to be fed. And the way they begin to learn is by seeing and feeling how Mother lives and loves everybody, and manages to have everything and everybody clean and comfortable and happy and at work or at play or resting.

Play

Play is the very life of the child. Play in the open air and sun is the making of the child. Give them interests in the out-doors as soon as you can. How the baby loves to go out-doors!

A Job for Two

Father and Mother are the "High Command." Bringing up children is a "Job for Two." There was always some fun in Mother's day, both at home and abroad, and she always

took a little time to herself in her own room. Mother had the responsibility of the home, and she said it was not too heavy a burden when she had Father to help her and when she got away from it a little while every day. She was always fond of a walk or music or a good book, or a good play at the theatre or some other real fun. She always had a "Refuge of Thought" in her mind. She went to Church. She never would let herself get too tired and so she never was anything like cross. She laughed once when she told us about a poor woman who said "I have not had time to comb my hair for three weeks." Mother's hair always looked so nice.

Learning to Live

About learning how to live—Her children did not have to learn that suddenly, for they began to learn it when they were babies and just kept right on. They knew what "No" meant when they were very little babies.

Mother said not to be trying to make the baby walk for he would walk fast enough when his legs were strong enough, and so he did. When he tumbled down Mother sat right down beside him on the floor and said—"My Baby's All Right"—and laughed and kissed his little soft head and patted his little sturdy legs and

tickled him and baby laughed with delight. If he really bumped his head Mother never let him get frightened about it, but cheered him up and kissed the bump. So Mother's Babies were always Brave. They learned good habits early. She never let anybody tease or frighten them.

Doing for Themselves

Mother says babies are always interested and want to do things—so just let them, as much as ever you can and let them be independent and amuse themselves and that is what makes success in after life. What they do for themselves does them most good.

Mother always made time or took time to play with the baby and the little children. She says you cannot expect to "find" time. You have the whole day and you must make or take time.

The baby always wakes up glad and plays by himself and so do the little children. They have their own toys. But not too many. The Baby's toys are kept very clean, not painted, because he likes to put them in his mouth, and if his toy drops on the floor, Mother always washes it before she gives it back to him.

Never Tired

The baby and the little children are never too tired because they sleep all night long and have a nice sleep in the morning, while Mother gets dinner. In the afternoon Mother says "Now where is my own two-year-old Baby Jane going" and Baby Jane says "Bed." So she does, and sleeps a long time.

Washing and Dressing

Washing and dressing the children in the morning takes both time and patience as well as good management. If the Mother is getting breakfast for herself and her husband at a fairly early hour, it is better to arrange the little children's day so that they sleep until after this early breakfast. If this cannot be done, then the Father is the one to dress them. The great secret is letting the Father have the honour of helping to take care of Baby from the very first.

There should be no hap-hazard about the bathing and dressing of little children. Organize the job. The things wanted should be in order and arranged the night before. Each child's clothes are placed, ready to put on again, in their own place, on their own little hooks. Soap, towels, wash cloth or sponge

should be ready. In the morning the bathwater should be suitably warmed, and the bath, followed by a quick cold sponge and a rub, with much encouragement and soft towelling, is a fine start for the day.

The Teeth and the Hair

Keep the teeth clean as soon as there are any teeth, and teach the child to brush the teeth morning and night as soon as he is old enough.

A very soft brush should be gently used in brushing the hair. Daddy can remember how some stranger scratched his little head with a harsh brush once upon a time when he was not as hard-headed as he is to-day.

"Brush it easy like Papa does," said the little girl to her amateur nurse.

The Nose

The child's nose should always be kept clean. If necessary, a little vaseline or oil on a wisp of absorbent cotton or a soft handkerchief should be used to soften any hard dry discharge and clean it out. A baby nursed by the Mother usually breathes well through the nose; the effort of sucking helps to develop the nasal passages. Children nursed by the Mother are not

likely to suffer from adenoids. They should be taught to use a handkerchief at an early age and to keep the nose clean.

Back to Bed

Sometimes children are the better of a day or half a day in bed. Make it a quiet, interesting, holiday for them.

If the child "does not seem like himself" or if he cannot eat any breakfast or has:—

A pale face,
Nausea or vomiting,
Chill,
Convulsions,
Dizziness,
Faintness,
Eruption or rash,
Fever,
Water running from eyes,
Water running from nose,
Redness of eyes,
Sore or inflamed throat,
Swollen glands,
Cough,

by all means let him go back to bed and rest, and usually it is better to send for the Doctor, especially if the throat looks red. Always look at a child's throat if you think he is not well.

Plenty of Time

Always give children plenty of time. You do not like to be hurried yourself. Children can't hurry. Their "Reaction Time" is longer than ours. The "Reaction Time" is the time required for the brain to get the message and send it to the hand or foot or whatever part of the body has to do the act. In you, Daddy, it may be about one-twentieth of one second—swift as lightning. But in your little seven-year-old child it may be five or ten times as long, especially if he is tired or threatened or bothered or not quite well.

Instant Obedience

Parents and teachers who talk about "Instant Obedience"—please take notice. "Instant Obedience" in you is about ten times faster than in a child. Wait! Some children in the same family are slower than others. Some psychologists think that boys generally have a shorter reaction time than girls.

Their World

Children are more absorbed in what they are doing than we are. When they "play ships," the floor of the room is the sea. It really is the sea, and it is hard for them to hear you when

you speak to them from your world. They are in another world, a world that they like, and they do not want to leave it. But give them a little time and they will come to you.

Obedience

Obedience is a great thing. An unhappy childhood and a wasted life may be the terrible penalty which the child pays for the parent's failure to teach him obedience. But those who can command have learned to obey. It is the kind, quiet, polite, serene, self-controlled, sympathetic Mother and Father who are successful in teaching obedience—not the angry parent. Never "make points" with a child. Never try to "catch him" in disobeying. Do not antagonize him. Do not give him too many commands. Always make it easy for him to obey. He wants to. Take it for granted. Make everything clear. Be pleasant with him. Respect his feelings and do not oppose his wishes unless it is really necessary. A happy, busy child is usually an obedient child. We cannot expect our children to love and respect us unless we first love and respect them.

Temper

There will be a great deal in your child's disposition and character that you can only gradu-

ally discover. Children have their reasons for their actions. We should try to discover these. Never force the child into opposition. Never, never, never vent your temper on a child. Surely, if you are grown-up, you can control your own temper. You have had—how many years?—twenty or more? to learn how. The baby has perhaps inherited your high temper, but he has been in charge of his temper less than one year and has not learned to control it. Show him how.

Laziness

Children are seldom or never lazy, but they may be ill, and sometimes unhappy and not seldom very shy. Could it be possible that your own child is unhappy and you do not know? Perhaps so. Such things have happened, especially after school age. The only sure way to prevent the tragedies of childhood is to make children happy and to keep so close to them that you can shelter them till they are a little older and stronger.

Difficulties

Difficulties in the life of a child are always a sign of progress. Have some more patience.

The child is Getting on—Growing up—Coming to be Somebody. The character is expanding and unfolding.

Imagination

One great gift which children possess, and which most of us grown-up people have lost, is imagination. Too much cannot be said of the wonder, joy and glory of this gift and of its great mission in the world. It should be protected and cherished. But close to it lurks a duty and a difficulty for you.

Learning to be Truthful

The child has to learn accuracy and truthfulness. How is he to distinguish between “pretend” and “true” things? Children live in a children’s world which is more real to them than our world—the actual world. They like their world better, too, and they get confused between their world and ours. They do not mean to be untruthful but they have to learn how to be truthful. They are not yet able to make clear, sharp distinctions. This is something they have to learn and therefore they should be taught. It is really their first lesson in Science—perhaps. Accept and enjoy their little “pretending.” Receive and respect

their confidences about their world. But help them to draw the line between what is actual and accurate and what is "pretend." Let them feel that you know the difference, but be polite to them.

Be Patient

Some children are slow to learn accuracy and need a great deal of help here. Be ever so careful—infininitely careful—not to frighten children into untruthfulness. Long and patient showing and practice of the truth is what is needed—not severity, which does more harm than good. "Work with the grain of the child."*

The Justice of Childhood

Many difficulties in children's lives are best dealt with by themselves. In the main, they will find justice. The only child has an unhappy, unenviable lot. He has no brothers and sisters to help him to "find himself" and no one at all can make up for the loss of sisters and brothers. The large family has the happy times.

The Negative Phase

A troublesome part in the life of some children is the negative stage, where they want

*Margaret Drummond.

to contradict everybody about everything—trying to conduct long, tiresome dialogues in opposition. Perhaps the child has not enough interests of his own. His powers are unemployed and are being “turned in” on himself and on you. The best remedy is to give a good deal of active, intelligent, constructive thought of a non-routine character to the situation and “make a change” of some kind. Sometimes to possess as his own or her own a corner in the attic or the barn—or a tiny room, or a little play-house, where your girl or boy can find opportunities for “self-expression,” to use a modern word, will be the wisest plan. We need “elbow-room,” whether we are three or thirty-three years of age.

Children's Powers

Children begin one of these days to be conscious of their own powers and then even the Mother and Father must be careful not to “get in their way,” or the result may be a hurt mind whose wounds may take years to heal.

They don't want all their difficulties smoothed away—any more than we do. We must all, even the youngest of us, live our own lives, and do our own thinking. It is a poor thing for any of us to try to eclipse or patronize

our own children. Authority is not a weapon to be wielded too often. Say to the child often, "What do you think yourself?"

Family Government

The most perfect form of family government is seen where the children learn, almost from the beginning, to govern themselves. It is a great gain when we can learn to leave children alone—not paying too much attention to them. If we praise, blame or show anxiety or amusement or some other emotion at every word or act of the child, we have only ourselves to blame if he has less common sense and character than his parents would wish.

"I feel like not doing this any more" said a little boy of nine years to his father whom he was supposed to be helping to dig the garden in the spring of 1923, when the frost was not yet out of the ground. His father, who was not quite sure what the son meant, wisely let him "gang his ain gait," saying little or nothing to him about it. He was only a little boy, and after all the great thing was that he felt able to tell his father just how he felt.

Money

Early and wise training in honesty and the use and management of money will be a great

help to children in after years. As soon as they can count a few numbers, they might have a weekly allowance—say a cent to begin with, and a place to keep it, such as a toy bank. Not for buying candy. It is no kindness to give a child money to buy candy. At first, and for a long time, we shall have to help them to keep their cents, and for a longer time, to help them to spend their money. Respect their wishes. Take them shopping with you and give them simple lessons in buying. Let them find out where things come from. They should not be paid for doing things they ought to do. That is bribing—no use and much harm. By and by they can really earn and get money for “value received” by doing things that you would have to pay some one else to do. But we must be very careful about having big or little children work too much. The time is not yet come for them to work.

A regular allowance, no matter how small, may be made the means of real education in buying. Perhaps boot buttons and shoe-laces are among the first things children can learn to buy, and they get great joy out of the buying—proportional to the interest we take in it and the glamour we throw round it and the real importance we attach to it.

Clothing

Happy are the children whose Mother knows how to use her needle. Mending is a great accomplishment. Mother taught all her boys and girls how to darn and knit and sew and mend. Darning and mending were the first things they learned, and soon they would help Mother. The British Navy knows how to mend. When Mother showed the boys a picture of an "Old Salt" mending a pair of pants, they thought it was just the thing for them to do.

Girls' Clothes

Mother had quite a collection of nice simple patterns for children's clothes. Not too many frills or tucks or embroideries, but simple and pretty.

The little girls had soft woollen combinations, a cotton chemise and shirt combined in one pattern, a little petticoat, and a pretty little dress. Hair ribbons were not forgotten nor a nice necktie, under the turn-over collars, for the boys.

Boys' Clothes

The little boys had quite different clothes from the little girls. A nice soft woollen under-

shirt and drawers or a combination. Then a cotton shirt and a coat and knicker-bockers.

Stockings, Shoes and Underclothing

All the children had good stockings and shoes. The shoes had broad low heels, broad spreading toes and the inner (big toe) side of the sole was straight. They fitted well and were comfortable. Mother was very particular about their feet being warm and dry and comfortable.

Mother always had a stock of underclothing ready in spring and autumn, in case the weather changed suddenly. And the warm comfortable night gown, hung up to air on the right peg by each child, was a pleasant sight to see.

Flat Feet

Flat feet, fallen arches and other troubles in after life are caused by unsuitable ill-fitting shoes in childhood, and by lack of exercise for the muscles of the foot, ankle and lower leg. If children do not walk strong and firmly, then let them run barefoot for an hour or so every day on a comfortable rug, or on the green grass in summer. Teach them three exercises:—

1. Running on tip-toe.
2. Tip-toeing along a straight line, such as a seam in the carpet.
3. Picking up marbles with the bare toes.

These are all good exercises for strengthening the muscles.

Clothing and Health

Hands and feet must be kept warm, but it is by exercise and good circulation of the blood that the body is kept warm, not by weight of clothes. Tight bands or belts, garters, and tight arm-holes all interfere with circulation and should never be used. The good effects of sun and air are being more and more understood by all sensible people, and while good sense should always be used about children's clothes, and they should not be exposed to cold unless comfortably clothed, especially the hands, wrists, feet and ankles, there is no doubt that the effect of direct sunlight on the bare skin, as of the face, arms and neck and legs is beneficial if the weather is not too cold. The short ultra-violet rays of the sun which are so health-giving do not pass through glass. Let the children out to play, and don't bundle them up too much.

Air, Sunlight and Sleep

As for fresh air and sunlight and plenty of sleep, and being out of doors every day as much as possible, unless the weather is very bad, these are just as important as can be to children.



EXERCISE IN WINTER.

R. R. Salows.

Even food is not more important than these things. The baby sleeps at first about 22 hours out of the 24, and the little children should get about twelve hours at night and three or four more by day. At twelve years of age, children should have about eleven hours of sleep, and at eighteen, nine hours is much better than eight. Children grow chiefly while they are sleeping or resting. Tired, sleepy children do not get on well. All the rooms in a house should be well ventilated night and day, and the sun should enter all the rooms.

Teeth

As soon as a baby's teeth appear they should be cleaned twice a day with a clean soft handkerchief and later on with a soft baby's toothbrush. The child should be carefully taught to chew food and should have some hard food at every meal. Pulpy foods are not the best. Children should be taught to clean their own teeth as soon as possible, and should always do it morning and evening. Dirty teeth decay. Strong, good teeth, which can resist decay are really made by the Mother's good sensible diet before the baby is born, and by the Mother's milk which nourishes the child for the first nine months of life, and then by the proper diet of the child.

Growth

Growth is most rapid at the time when the permanent teeth are coming, about the age of 6 years to 9 years, and then again about the age of adolescence, about 11 years to 13 years for girls and 14 years to 16 years for boys, when first the height and then the weight are rapidly increased. At this time great allowance should be made for children. When they are growing rapidly they should not be burdened unduly with lessons or anything else.

Carriage and Posture

It is at these times that we need to help them to acquire by example, by exercise and by habit, a right and beautiful way of holding themselves when sitting, standing or walking. The easiest and most comfortable way to stand and sit is the right way. First of all, the head should be held up, so that the neck and shoulders will be comfortable and not cramped or strained. The shoulders should be held back, so that there will be a curve from the shoulder on each side to the backbone in the centre. The chest should be held high, and not allowed to sink down, and the abdomen should be held back. Stand close to the wall so that the toes of your shoes touch it. Then the chest, if you are standing

correctly, will barely touch the wall, and the abdomen will be just clear of the wall. This is the correct position to teach the children. Teach them also that when they sit the feet should rest from heel to toe on the floor, the thighs should be straight, supported by the seat, and the lower part of the back should be pressed firmly against the back of the chair.

If a child is always stooping over his book instead of sitting up straight, there must be a reason. Have his eyes examined.

Proper clothing has a good deal to do with correct posture. No straps or braces should rest on the point or movable part of the shoulders, but rather near the root of the neck.

The results of good care, especially good regular meals, play and exercise in the fresh air and sun, plenty of sleep and rest, good ventilation, the prevention of the so-called children's diseases, are seen in the free, easy and erect carriage and movements of children. Children should never be kept, even by the parent or teacher, standing or sitting still too long in one position. They need to move much more than grown-up people do.

At Meal Times

In happy homes the members save up all the little stories and things of interest in the day

to tell at the table where everyone can hear and enjoy them, and no unsuitable or unpleasant subject is allowed to be mentioned at the table.

It is a great education for the children to be allowed to eat with their parents, and learn how to eat slowly and properly, how to chew thoroughly, how to use knife, spoon and fork, how to control the appetite and avoid greed, how to be unselfish and considerate and polite to others, and how to speak and listen.

Teaching to Eat

Of course children have to be taught to eat. When a little child has a few teeth, take him on your lap some day or set him in his high chair and sit down opposite him. Now get his attention and play a game with him by using your muscles of mastication vigorously, getting him to imitate you, thus teaching him to chew. Teach him to eat slowly and eat slowly yourself. Go on with these lessons till he knows how to chew his food and has formed the habit of doing it by himself.

Feeding the Family

One of the most far-reaching and important household duties is the feeding of the family. Simple, nourishing food is always the best and

variety is desirable, but the children should be taught gradually to acquire a taste for different foods that are nutritious and necessary.

Children need a good hot meal at mid-day. If possible, they should come home for this meal. If not, a hot lunch should be provided at school. As a rule they do not need food between meals.

There is a special value in milk, butter and other dairy products, eggs, green vegetables and fruit. They contain certain vitamins which are necessary to health and growth. To keep us well, we must have these foods: and meat or fish once a day if we can and cereals.

Milk

Milk is by far the most important food for children. It has in it all the different things that children need for nourishment and growth. It is our greatest protective food. "A family of five should buy three quarts of milk before they buy meat." Five things should be remembered in giving milk to children,—

1. **GOOD MILK.**—The reason that milk is so good for food is that the cow eats green grass and herbs, and gives them to us in her milk in the form of an almost perfect food. This is called "Summer Milk." But if, when cows are

shut up in stables, they do not get some green food every day, then their milk soon loses its value as food. So we must see that our cows are properly fed, or if we have no cows of our own, we must get our Medical Officer of Health to see that the milk-men sell good milk.

2. KEEP IT CLEAN.—The greatest care should be taken to have all food clean. This applies especially to milk. Milk should be pasteurized, kept cold and covered and carefully handled.

3. A QUART A DAY.—Children need a good cupful or more of milk at every meal and a total amount of about a quart a day. Counting milk given with oatmeal or other cereals, or in the form of bread and milk, or in soups, gravies, custards, junket and puddings, or by cooking rice and other things in milk, about a quart can easily be taken. A little good ice-cream may be given to children about 2½ or 3 years old.

4. SIP MILK SLOWLY.—Milk is a solid food about one minute after it has been swallowed, therefore, it should always be taken in small mouthfuls or sipped.

5. FLAVOUR TO TASTE.—Children can learn to like milk. Those who think they do not like it can often take it well if it is diluted, salted, or given with a flavouring of cocoa or in milk soup.

Teaching the Baby to Eat

The baby has learned a good deal already about eating and from ten to twelve months, if he is doing well, he has been getting cereal jellies and other things. Make haste slowly. Do not go on to another food till he has acquired the taste for the last new one and made a success of it.

Bread and milk, thin bread and butter, crisp bread and toast or biscuit may be given one after another from 9, 10 or 11 months. Let him play with a crust or a "drum-stick" of a chicken, or an apple when he is about 9 months old. A little bit of a baked apple or a baked potato with butter or a little gravy may be given from 10, 11 or 12 months. A little of the yolk of a new-laid egg from 11 or 12 months. A little scraped beef or a morsel of chicken, if he chews it well, from 13, 14, or 15 months and a little later a morsel of fresh fish cooked in milk.

Custard, corn-starch, rice or fruit jelly with cream and sugar from 14, 15 or 16 months. Milk toast and milk and cream soups about the same time. A little good stewed fruit or a small piece of a ripe peach in season may be given from 15 to 18 months.

Cereals, such as oatmeal or cream of wheat, boiled for three hours or more may be tried for

children about two years old but children sometimes do not acquire the taste for them till three years or even later. Eggs in many different forms may be given from two to three years of age. Sometimes children one year old or a little younger can take eggs.

Soups

Vegetable soups are made from cooked vegetables, finely chopped or strained, and skim milk with a bit of butter, or whole milk, slightly thickened. Almost any vegetable may be used. The following are the quantities:—

2 cupfuls of milk.

1 tablespoonful of butter.

1 tablespoonful of flour.

$\frac{1}{2}$ teaspoonful of salt.

$\frac{2}{3}$ cup of thoroughly cooked vegetable, finely chopped, mashed or put through a sieve.

Make a smooth paste out of the flour, salt, and a little milk. Heat the rest of the milk, add the paste and boil for about five minutes, stirring constantly, or cook twenty minutes in a double-boiler, stirring all the time, especially at first when gradually adding the other ingredients.

Besides milk and butter, bread and other foods, a child needs an egg, soft-boiled, or a small helping of meat, fish or poultry once a day.

Water

The children require three drinks of water a day--before breakfast, in the middle of the morning, and in the middle of the afternoon. So do you. Do not give children ice-water.

Vegetables

You cannot do without green vegetables. They are of great importance to your health. They should be thoroughly washed before cooking. In the form of strained soups or purees they may be given to children as early as the first year or even earlier. A child should learn to eat many vegetables. At three years of age he may have a small portion of any vegetable, properly cooked and prepared, except cabbage and turnips. Do not serve potatoes at every meal.

Fruits

Fruit juice, or the juice of a tomato, is a valuable food for children and may be given at about one month old. Begin with half a teaspoonful. Orange juice, or the juice of apples

or of prunes is good. A ripe apple may be given to a baby at ten or twelve months. Peel a little bit and let him try his teeth. By and by try a small piece of a ripe peach in season. Raisins, dates and other fruits are also good for children of five or six years if they chew their food well.

Solids and Liquids

Give some hard food at every meal and see that the children chew it well. Children's food should not be too dry but they should never be allowed to "wash down" their food. At the end of the meal is the best time for taking a little liquid. A cup of milk may be taken with other food, a sip at a time, and then finished at the end of the meal. A little sugar may also be given at the end of the meal.

Comfort at Meals

Never allow the children to be disturbed or distracted at their meals. Make them happy at meal-time. Stay beside them and see that you and they give undivided attention to the business in hand. Make the food interesting and make them interested in it by various little plans.

Recreation

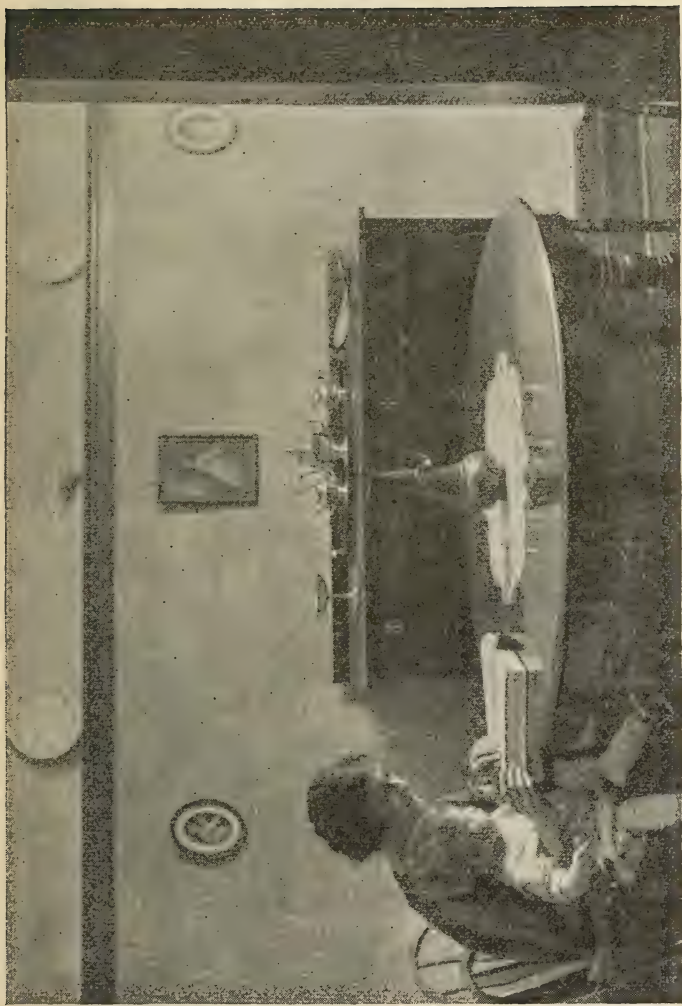
Games, sports and organized recreation under proper conditions are most important. Do not forget to give children their birthright of play, beginning in babyhood. Teach them to play and play with them.

The Foundation of Character

In the growing time, and most of all in the first ten years, deprivation of food or wrong feeding stunts and spoils the child's development. In the same period, when the child's character is being made, lack of nourishment for the mind, soul and spirit has the same disastrous effect and the mistake can never be repaired. The growing time never returns. Youth has faith, teachableness, imagination and other gifts of greatness which are only given once, and which, if not cherished and used, wither away without bringing forth the flower and fruit of good character and citizenship, in Home and Church and Country.

Food for the Mind

Home is the place for nourishment and refreshment and there must be food for the mind as well as for the body. Children should have a chance to know, love and respect books.



LEARNING TO LOVE BOOKS.

W. J. Turnbull.

Stories, poetry, biography, history, are the joy of youth. The memory is quicker, the imagination more active—they can see some things better now than they do when they get older. Give them a chance. Give them a chance too, to go to the Church of their Father and Mother and learn to love it.

Protect the Child

For the sake of the soul and spirit, as well as for the sake of the mind and body, great care should be taken to protect the child. Vulgar, thoughtless, ill-bred or cruel people will tease or frighten a child. Never let such persons speak to your children at all.

Moral Education

Of school education we do not here speak. All the Provinces of Canada have good schools for their children, which we are all hoping to make better still. But there is a very great part of education that can be given only in the home. Mother always was learning and so the children were always learning too. She never stopped learning. When the children were all big enough to go to school she had more time to give to many interests of her own, which she had never quite dropped. But there are greater things than learning, grand as learning is.

Ideals

To love the truth and follow the right, to do justly and love mercy, to listen to conscience, to be unselfish, kind and affectionate, to fear God and honour the King, to respect and reverence and remember high standards, noble thoughts, and great traditions of home and service and sacrifice—these are learned at Mother's knee and from Father's way and word. It is never too early to begin.

Be Prepared

Have few rules, but good rules, and keep them. Our No should be No. Help children to meet and overcome temptation. The way to teach them to be truthful is to be truthful ourselves. The way to teach them to be honest is to let them be sure from babyhood that some things belong not to them, but to others.

Keep Their Confidence

It is specially important to take great pains to deserve—and preserve—your children's confidence.

School Temptations

Children, when they go to school, are often told by other children things that they would be

better not to know about till they are older. Perhaps you should have a happy, but serious little talk with them before they go to school, so that they will be prepared. Encourage them by assuring them that Mother and Father know all about it, and will tell them all about it whenever they want to know, but that they better run away and play if other children begin to tell them things that are not nice.

Where Do Babies Come From?

A few simple, well-chosen words and a perfectly truthful, thoughtful and polite answer to questions such as "Where do babies come from?" are all that is necessary. We should answer the question from their point of view.

It is a natural question. What they mean is "Where did I come from?" And really perhaps they have a right to ask us that question. The answer should be as natural as the question, and as noble as our highest conception of human life.

The Right Road

Children who keep the instinct to "Ask Mother" or "Ask Father" are on the Right Road.



The Two Youngest Spend the Afternoon with Daddy.

W. J. Turnbull.

DOMINION OF CANADA

DEPARTMENT OF HEALTH

HOW
TO
TAKE CARE
OF
THE FATHER
AND
THE FAMILY

BY

HELEN MACMURCHY, M.D., (TOR.)
Chief of the Division of Child Welfare



THE LITTLE BLUE BOOKS
MOTHER'S SERIES

V. 1 -

OTTAWA
F. A. ACLAND

PRINTER TO THE KING'S MOST EXCELLENT MAJESTY
1923

"The very foundation of the whole commonwealth is the proper bringing up of the young."

—*Cicero*

"The world can be absolutely transformed in a single generation. The emotion of the ideal, organized through public opinion and directed through the young in education, is omnipotent. . . . Give us the young, and we will create a new mind and a new earth in a single generation."

—*Benjamin Kidd*

"The future of the world depends on the child. All advance, all the new orientation the world has hoped for and largely failed in attaining, may come in the new generation."

—*H. D. Chapin*

"I paced alone on the road across the field while the sunset was hiding its last gold like a miser. . . ."

"I stopped for a moment in my lonely way under the starlight and saw spread before me the darkened earth surrounding with her arms countless homes furnished with cradles and beds, mothers' hearts and evening lamps, and young lives glad with a gladness that knows nothing of its value for the world."

—*Rabindranath Tagore*

The Curé answered with a warm smile, saying: "My boy, God is a very practical God—Yes, and so when He gave us natures like His, He gave men not wives only, but brethren, and sisters, and companions, and strangers, in order that benevolence, yes, and even self-sacrifice, mistakenly so called, might have no lack of direction and occupation, and then He bound the whole family together by putting everyone's happiness into some other one's hands."

—*George W. Cable*

"If you give a girl too much to do she breaks down; if you give a boy too much to do he doesn't do it."

—*British Medical Journal*

"I had lost my way amid the snows. At last, coming in the early morning upon a shack at the side of the drifted road, and hearing the sound of some one stirring inside, I knocked and was asked to come in. Opening the door, I saw a lad, sore of face and almost bare of clothing. I asked him where the road led. He answered, "It don't lead nowhere. It just goes up here a little ways and stops." That is the picture of more lives than we wish to admit. They just go a little way. . . . and stop. The great service of the Church, through its school, co-ordinated with the home and democracy's school, is to open the road for every child into the infinite.

—*John H. Finley*

HOW TO TAKE CARE OF THE FATHER AND THE FAMILY

“**T**AKE good care of Mary,” said the family friend to the happy bridegroom, as they stood together in the minister’s parlour after the knot had been tied.

“And ain’t she goin’ to take care of me, too?” answered the bashful swain.

Don’t laugh. The bridegroom was right. He, and everybody else in the house, needs your care, Mary dear.

“I never knew how a Father felt till the children came running to meet me when I came home that first day from teaching school again, after my husband diéd,” said a woman who had been left a widow with four little children, the youngest six months old.

“Yes, I went back to teach school again. I taught before I was married.”

“O yes, I kept on nursing the baby. Every four hours, you know.”

“But I never knew how a Father felt till the children came running out to meet me that first day.”

How the Father Feels

Don’t forget how the Father feels. He is bearing the burden and heat of the day. He carries the big responsibilities of life. He comes

back to his home to rest. He wants to be at his best to you and you want to be at your best to him. To make him welcome and to keep him healthy, happy and comfortable, is a great achievement and a never-failing source of joy. And one sure way to make him feel welcome is to look nice yourself and have the house looking nice. A clean, tidy, well-kept house, with a bright fire and something pretty wherever you look, even if it is only a little looking-glass or a few buttercups in water, or a brightly polished tea-kettle, makes a good welcome. Never mind all the hard knocks you have had. Things don't matter if you don't let them matter.

Who's Coming to Tea

"Who's coming to tea?" said the young husband when he saw that his wife had changed her dress and put one of the best tablecloths on the dining-table.

"You," promptly answered the young wife.

She had forgotten lately to do these little things, but an old friend had been in that day, found the young wife rather untidy, told her she was "heading for trouble" and the young wife had taken the hint!

"Why, I thought you must be going to have company," said he.

"Yes. You are my best company," said she.

Beguile Father of his cares. Forget, and help him to forget, anything hard or disagreeable in the day. Don't be afraid to do things for him. Hang up his coat. It won't hurt you! But see that he does things for you. Never refuse to let him help you. Keep it up!

Are his feet wet? Give him dry socks and slippers. He is the Head of the Family and the Chief of our Strength.

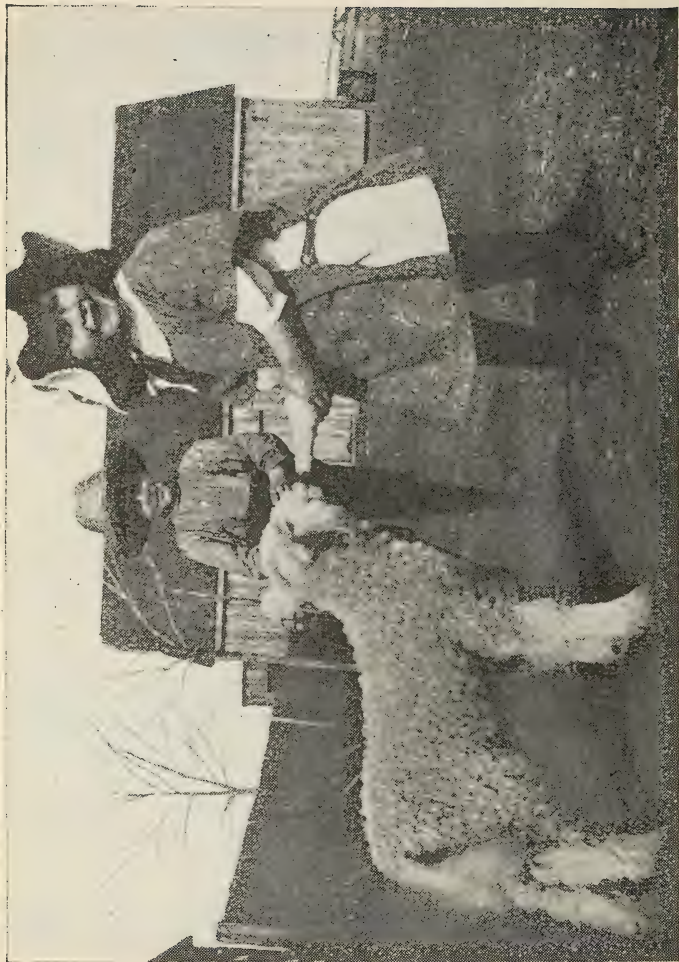
Feet

"How often will I tell you that a marching man is no stronger than his feet—his feet—his feet," as one of Kipling's Sergeants says. In taking care of the family begin at the feet. You know how. Don't do it yourself. Supervise it. Teach them to do it. Just as soon as they are old enough. Clean, comfortable, well-shod feet. Have you a corner where I can clean my boots? Good.

Who makes and mends the socks? The sailors in the British Navy can knit and patch and darn as well as we can. On the farm, or anywhere, it is a fine thing for all the boys and girls to be handy with a needle.

A Fair Deal

Give a fair deal all around. Let the girls do things for the boys, and the boys do things for



Happy Young Farmers.

Natural Resources Intelligence Branch,
Department of the Interior.

the girls, and let them all do things for you. Children about four years old begin to want to "Help Mother" and "Help Father." Let them. Let them help, and let them keep right on all through life. Don't discourage them. For the first five years they will not give much actual help but think of the sixty years after! The useful people begin young! Always let everybody in the house help to take care of everybody else.

The Older Generation

There may be in the family one of the older generation. They are getting fewer. It is a great thing for the children to have Grandfather or Grandmother or Aunt Mary or all three of them. The aged need extra warmth, quiet, consideration, and simple, good, easily digested food. They should rest longer in the morning than the rest of us. John can take up Grandma's breakfast and do a great many other nice things for her. Mary will always remember to put a hot stone, well-wrapped-up, in Grandfather's bed at night—about half an hour before his bedtime. Everybody should be specially courteous to the older generation. They don't like things to be changed as much as we do. Some day John and Mary will be

the older generation. There are always three generations in sight and we should keep close to each other.

Right Feeling

It is our feeling towards the aged that makes them happy and makes us happy too. It is a great privilege to make Grandfather and Grandmother as happy as they made us in our childhood when to "Going to Grandma's" was the greatest event of our year.

Think

We must give intelligent thought—not superficial routine consideration—to making them comfortable. As to the bed, for example, the secret of a warm bed is a thick warm mattress. There is nothing wrong about a feather bed, though some housekeepers seem to think so, and if Grandma has slept on one all her life, you cannot expect her to make a change now when she is three-score years and ten. Perhaps we could have two, one to change the other, so that airing would be easier.

Then flannel or flannelette sheets and nightgown or pyjamas are very comfortable, and bed-socks to keep the feet and ankles warm. Cold feet cause suffering as well as discomfort.

Be Kind

Of course 65°-70° is warm enough for the living-room but we may have to use diplomacy about airing the room, and a foot-warmer for one person may save all the rest of the family from being "roasted."

Some conditions, such as climbing long flights of stairs, are impossible for aged persons. They are not very good for the rest of the family either.

Make Them Happy

But after all it is our attitude to the older generation that makes the difference. Put yourself in their place. They often long to be useful. Grandpa and Grandma can and will "help us out" every day if we give them the chance. We can make them almost as happy as the children are, but in a different way and for different reasons. Joy and grief are seldom felt as keenly at the farther verge of life. They feel that "It will not be long". More happiness is secured by adjusting things to their needs, as far as possible, than in any other way. Some excellent persons who are busily engaged in the great work of "bringing up the children" and securing household discipline, forget that discipline is absurdly out of place if attempted towards the older generation.

Do not err in the opposite direction either and sacrifice the hopes and interests of the younger generation. They should be protected from such a calamity. One generation should not be sacrificed to another.

Mental Illness

The family physician should be called in and his advice followed if mental enfeeblement or illness occurs. Delay is dangerous. Mental illness is seldom or never recognized by the family until it is too late. It is wrong to subject children, at the formative period of life, when impressions are so deep and lasting, to the shock and pain of contact with mental illness. Such a condition robs all the rest of the family of their home and must not be allowed.

The School of Life

More and more we see that Home is the great School of Life for parents and children alike. The parents seem to be ever giving, but they know that they are ever receiving too. The children, themselves God's greatest gift, bring so many other gifts with them.

Our ideal for our children is that they should grow up self-governing persons, not persons governed by others. There should be no despot-



"I am Trying to Think," says the Baby.

W. J. Turnbull.

ism in the home—neither parental nor filial. Parents have their rights as well as children and it is just as true that our children should respect us as that we should respect them. Respect for them will keep us from treating them as a possession to be tyrannized over or exploited or “shown off,” and respect for ourselves should preserve us from the fate of the downtrodden parent whom we sometimes see in modern life.

Comrades

The foundation of the comradeship of parents and children can and should be laid in very early childhood, almost in babyhood. Play with the baby as an equal, for he is a human being too. Respect his wishes. You will often know what they are before he knows himself. Doing things together is one great secret of comradeship. It is the taking of counsel, not the giving of a command on one side and the executing of a command on the other, that makes for comradeship.

Give the Children a Chance

Don't suppress the children too much. Don't say—“Children should be seen and not heard.” We should be willing to hear them if



Some Boys

Natural Resources Intelligence Branch,
Department of the Interior.

they have something to say. Little children often say lovely things and true. Your children have gifts. Can't you find out what they are? Bring them out, and let them work away at something and don't make them silly and spoiled.

As for the Baby—of course everybody wants to help Mother with the Baby. It is a privilege to do anything for anybody in our family.

Meals

Good well-chosen food has a great deal to do with health. People who are properly fed can work hard and they have good resistance against cold. They have pretty good protection against infectious disease. Variety is most important. Do not serve the same things at every meal.

There are five different kinds of good and necessary food, and we need some of each kind every day. They are as follows:—

1. Milk, all other dairy products or foods with milk in them, meat, fish, poultry, eggs.

2. Cereals such as oatmeal, and starchy foods such as bread and potatoes.

3. Butter and all other foods which have fat in them, if the fat is an animal product.

4. Green vegetables and fruits of all kinds.

5. Sweets, such as puddings, syrups, maple sugar and other wholesome sweets.

Meals should be regular, three times a day, sufficient, nourishing, varied, well-cooked and eaten slowly. Food habits are very hard to change. Begin right. Eat slowly. Teach the children to begin using their teeth to chew properly as soon as they have any teeth and keep the teeth clean until the child is able to use a brush and keep them clean himself.

As for regularity, everybody in our family comes with clean face and hands when the bell rings. Mother must not be kept waiting. She has everything hot. Father will say Grace—or perhaps one of the little children will say it.

“Whenever there is a rapid increase in height, the child is apt to grow thin and anæmic, as the making of bone quickly uses up the red corpuscles of the blood. The children require extra care.

VITAMINES

(A). Vitamines soluble in fat, included in butter, eggs, cod liver oil, fat fish, lean meat, lettuce, spinach, fresh carrots, cabbage, and the germ of cereals;

(B) Vitamines soluble in water, included in milk, eggs, lean meat, liver and various other glands, potatoes, cabbage, carrots, lettuce, turnips, nuts, wheat bran, the germ of cereals, apples, oranges, lemons, grapes, tomatoes, yeast:

(C) Vitamines that prevent scurvy, also soluble in water, included in lean meat, liver, beef juice, cows' milk, cabbage, tomatoes, turnips, cresses, lettuce, apples, oranges, fresh lime juice, lemon juice, raspberries.

Vitamine (A) is not much affected by heat, vitamine (B) should not be subjected to heat above the boiling point of water, and vitamine (C) is destroyed by heat and alkalies.

For this reason when all the milk given to infants and little children is preserved by heat, some fruit juice should be added to the dietary. It is always desirable to preserve the water in which vegetables are cooked so that the vitamins may be retained."*

Vitamines are necessary to health, especially in the growing time. Everybody should eat one or more of the kinds of foods under A, B and C every day. Children who are growing fast need much good food.

The following gives a good choice of simple, nourishing food for children.

BREAKFAST—

Fruit.

Cooked cereal and milk.

Milk or cocoa.

Bread and butter.

Egg, poached, or scrambled or soft boiled.

*Dr. H. A. Chapin.

DINNER—

Soups.

Meat or fish.

Potatoes or rice or macaroni.

Fresh vegetables.

Bread and butter.

Dessert.

Milk.

SUPPER—

Cooked cereal and milk or milk soup.

Macaroni or cheese, or vegetable chowder,
or vegetable salad.

Bread and butter.

Milk or cocoa.

Stewed fruit or baked apple or custard.

Bread and hot milk.

Eggs.

Bananas are not very good food for children.
Apples and other Canadian fruits are better.

Manners

Teach the children manners. Good manners are beautiful to see. They are a valuable asset, and such a help to character, conduct and success. That's the way to get your salary raised. Mind your manners.

Most of us Canadians are hungry for our meals, and we know that we should stop when

that hunger is reasonably satisfied. Don't keep on eating till you don't want to eat any more. You have eaten too much when you feel that way. Don't hurry off to hard work right after meals. Help Mother to clear the table and wash the dishes. If it is not your turn to help then read for a few minutes.

Sleep

Then there is sleep. The baby will sleep twenty-two hours out of the twenty-four, and then eighteen or twenty hours till about one year old. Father should have at least eight or nine hours—say, 10 p.m. to 7 a.m., or 8 p.m. to 5 a.m. on the farm. Mother should have nine hours, the same as Father, but ten is better. Perhaps she could rest an hour in the afternoon. Little children need fourteen or fifteen hours of sleep. They should have twelve hours or more up to eight to ten years of age and a good sleep in the afternoon. Eight years old is young enough for school. At twelve years of age they may do with eleven hours but they should not sit up as late as Father and Mother until they are about eighteen years old. School lessons that cannot be learned before bed-time, (but study while you are at it), may be left till another day.

Children that sleep long and well usually have good nerves and good health. They will have some reserve strength and be equal to the burdens of life when they grow up.

Clothing

Clothing has something to do with health. If the feet are all right and a woollen garment, (combinations are convenient), is worn next the skin, you are pretty well all right and can wear what else you like. The Canadian beaver wears his fur all the year round and never takes cold. Of course in summer he resides under water a good deal. You may change your winter flannels for lighter ones about 24th of May, if you are too hot, but soft light wool is the best thing to wear next you all the year round if you really want to avoid Doctor's bills. Under-clothing should be changed once a week. If the thermometer gets up to 90° Fahr. you may wear cotton next you for these few hot days. But in winter, do not follow foolish fashions and have your children's legs bare and cold. Bare legs are all right in summer. Girls need warm clothes as much as boys. A girl's health may be impaired for life by wearing insufficient clothing now.



The Dolls' Winter Tea Party

Ventilation

The whole house and every room in it and every corner of it should be flushed out with fresh air every day. Don't sit in a close, stuffy room. Mother should be able to open every window in her house with two of her fingers. Windows in bedrooms should be open during sleeping hours—wide open in summer and a tiny crack open in severe weather. There will always be a current of cold air near a window in very severe weather, but this usually does not come from outside and therefore is not fresh air. When you sit down, always look round and see where your supply of good air to breathe is coming from.

Habits

Regular habits are essential to good health. Bed-time should be regular—also rising time. Bed-clothes should not be too heavy. Be sure that every one in the house has a regular, definite time for going to the toilet and never neglects it. That is the best way to prevent constipation. Health depends very much on attention to these regular habits.

Keep Clean

No Health Rule is more important than "Keep Clean"—Clean Air, Clean Water, Clean

Food, Clean People, Clean Clothes, Clean House—these all help towards Health.

Everybody needs a bath every day. If you cannot manage that at present in your family, do the best you can and work towards it. But with a bathroom, which we hope every Canadian home will have one day, you can manage it. Give everybody a definite time for the bath. A bathroom saves so much work in carrying water. If possible have a place downstairs where hands and faces can be washed and teeth can be brushed twice a day at least.

Teeth

Watch the children's teeth.—First set and second set too. The use of the tooth-brush saves money. Don't forget to see the dentist once a year.

Drinking Water

Everybody needs three drinks of water a day. The best times are before breakfast, in the middle of the morning and in the middle of the afternoon. This gives you your internal bath. If you have a cup for general use, teach everybody to wash it well before and after drinking.

Weight and Height

Keep a record in your Diary or on the back of the calendar of the height and weight of each of the children, every month if convenient, or at least twice a year, to see how they are growing.

Health Hints

It is also important to know the weights of the other members of the family. A satisfactory weight is a good indication of health. Everybody ought to be well and there is some cause for any ailment we have. Take headache. The commonest cause is eye-strain. Get the advice of a doctor who is an eye specialist. Not a jeweller, nor a pedlar, nor a general merchant, but a doctor who is an eye specialist. Nothing is so precious as sight. If there is anything wrong with your eyes, see the doctor who is an eye specialist or oculist. Do not neglect a cross eye or squint, especially in a child. See an oculist at once, just as soon as you notice the squint or it will be too late.

Do not neglect a "running ear" or repeated sore throats or "mouth breathing." Ask your family doctor. Health is all important.

Teach the children to hold themselves well and to stand and sit erect.

Exercise out of doors is necessary to health. The children need play. It is part of their



Boys, Girls and Geese.

Natural Resources Intelligence Branch,
Department of the Interior.

birthright, and is the principal part of the life of the child. Your good neighbour's children will always be welcome visitors to help to play games in your yard. Get them started. Children should play. Help them to do it.

Cheer Up

Mother must have a walk every day. If she can walk to the field or down the lane or down the street to meet Father and walk back with him she will like that best. He will make her a nice little seat under the old beech tree on the farm, about a quarter of a mile from the house, where she can sit in the summer. Besides, Mother and Father must get "off the lot" sometimes. Always have a holiday in sight, even if it is next year. Where do they go for picnics in your part of the country? Invite your neighbours and go. Farmers know how to manage a picnic and city people like a picnic in the country.

How long is it since you had any real fun? Have a change. Read a good novel. Take a rest. You deserve it. All work and no play makes anybody dull. What do you really care for? Baseball? Music? Theatres? Travel? Save up for it. It will do you good. It is your duty to keep your mind alive as well as your body. Don't starve your mind. Be happy.

Tables for Age, Height and Weight

The following tables represent the results of a height and weight survey of school children in Toronto made during the winter of 1922 under the direction of Dr. C. J. Hastings, Medical Officer of Health and published by the Department of Public Health, Toronto. The exact number of children examined was 59,168. Of these 30,016 were boys and 29,152 were girls. The ages were from 5 to 16 years and all were in attendance at school. Measurements were taken in school clothes and without boots. The age was taken to the nearest year. The figures represent an average.

“ While a child’s weight corresponds to a certain extent with his age, it depends even more upon his height. A short well-proportioned boy of eight will not weigh as much as a tall well-proportioned boy of the same age. For this reason, a table giving the correct weight for each of a number of different heights, at each age, is more satisfactory for careful use than a table giving only one weight.

Table I, for Boys, and Table II, for Girls, were designed to meet this need.

On the other hand it is often desirable to know approximately what a child of a given age generally weighs. For quick reference, therefore, the average weight at each age was selected from

Tables I and II, and is given separately in Table IV.

The average height, selected in the same manner, appears in Table III."

TABLE I
BOYS—HEIGHT AND WEIGHT FOR AGE

Height in Inches	Age in Years												Height in Inches
	5	6	7	8	9	10	11	12	13	14	15	16	
39.....	36	39
40.....	38	38	40
41.....	38	39	41
42.....	39	40	41	42
43.....	41	42	43	44	43
44.....	42	44	44	45	44
45.....	44	46	46	47	49	45
46.....	46	48	48	48	50	46
47.....	...	50	50	51	51	52	47
48.....	...	52	52	53	54	54	55	48
49.....	55	55	56	56	58	49
50.....	57	57	58	59	60	62	50
51.....	59	60	61	62	63	64	66	51
52.....	63	63	64	65	66	67	52
53.....	65	66	67	68	69	70	72	53
54.....	69	70	71	72	73	74	54
55.....	71	73	74	75	76	77	80	...	55
56.....	76	77	77	78	79	81	...	56
57.....	79	80	81	82	83	84	...	57
58.....	83	84	85	86	87	88	58
59.....	87	88	89	90	92	93	59
60.....	93	94	95	96	97	60
61.....	95	98	99	100	102	61
62.....	99	101	103	104	105	62
63.....	106	108	109	110	63
64.....	113	114	115	116	64
65.....	118	120	121	65
66.....	121	125	126	66
67.....	127	129	130	67
68.....	134	135	68
69.....	137	138	69
70.....	142	143	70

TABLE II

GIRLS—HEIGHT AND WEIGHT FOR AGE

Height in Inches	Age in Years												Height in Inches
	5	6	7	8	9	10	11	12	13	14	15	16	
39.....	34	39
40.....	35	37	40
41.....	37	38	39	41
42.....	39	40	40	42
43.....	41	42	42	42	43
44.....	42	44	44	44	44
45.....	44	46	46	46	47	45
46.....	46	47	47	48	48	49	46
47.....	...	49	49	50	50	51	47
48.....	...	51	52	52	52	53	54	48
49.....	...	54	54	54	55	55	56	49
50.....	57	57	57	58	59	60	50
51.....	58	59	59	60	61	62	51
52.....	62	62	63	64	65	66	52
53.....	64	66	67	67	68	71	53
54.....	66	69	69	70	71	72	75	54
55.....	73	73	73	74	75	78	55
56.....	75	76	77	77	79	79	56
57.....	78	80	80	83	85	88	...	57
58.....	81	84	85	86	90	91	95	58
59.....	89	90	92	94	97	100	59
60.....	91	93	96	98	101	102	60
61.....	95	100	102	106	107	61
62.....	101	102	106	108	110	62
63.....	108	110	112	114	63
64.....	112	114	118	119	64
65.....	118	120	123	65
66.....	122	123	126	66
67.....	126	128	67
68.....	130	132	68

TABLE III

BOYS AND GIRLS—AVERAGE HEIGHT FOR AGE

Age in Years	Average Height in Inches	
	Boys	Girls
5.....	42	41
6.....	45	45
7.....	46	46
8.....	48	48
9.....	50	50
10.....	52	52
11.....	54	54
12.....	56	56
13.....	58	59
14.....	60	60
15.....	62	61
16.....	63	62

TABLE IV

BOYS AND GIRLS—AVERAGE WEIGHT FOR AGE

Age in Years	Average Weight in Pounds	
	Boys	Girls
5.....	41	38
6.....	46	45
7.....	49	48
8.....	54	52
9.....	59	57
10.....	65	63
11.....	71	71
12.....	77	79
13.....	83	89
14.....	92	98
15.....	102	104
16.....	114	108



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